

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Vitamin K (phylloquinone) (µg) ; Menaquinone-4 (µg)

Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: Household  
Report Run at: December 10, 2015 18:10 EST

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	1146.6	--
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	1146.6	--
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	1062.1	--
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	1059.4	--
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	1059.4	--
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	987.8	--
11297	Parsley, fresh	60.0	1.0 cup chopped	984.0	--
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	891.1	--
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	891.1	--
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	889.6	--
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	889.6	--
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	888.5	--
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	888.5	--
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	851.0	--
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	829.8	--
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	829.8	--
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	772.5	--
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	772.5	--
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	722.8	--
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	697.0	--
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	697.0	--
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	676.6	--
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	676.6	--
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	580.3	--
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	579.0	--
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	572.8	--
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	572.8	--
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	529.3	--

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11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	529.3	--
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	525.6	--
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	525.6	--
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	517.6	--
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	517.6	--
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	513.7	--
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	513.7	--
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	502.6	--
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	502.6	--
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	472.1	--
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	443.8	0.0
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	428.1	--
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	425.5	--
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	413.3	--
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	379.1	--
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	376.8	--
11003	Amaranth leaves, raw	28.0	1.0 cup	319.2	--
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	317.8	--
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	312.5	13.8
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	299.9	--
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	299.9	--
11147	Chard, swiss, raw	36.0	1.0 cup	298.8	--
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	294.5	11.5
11203	Cress, garden, raw	50.0	1.0 cup	271.0	--
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	246.7	--
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	217.6	--
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	207.0	--
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	204.4	38.5
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	188.8	--
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	188.7	--
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	178.2	--
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	178.2	--
11658	Spinach souffle	136.0	1.0 cup	172.0	0.4
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	169.9	12.2
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	162.1	--

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11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	162.1	--
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	161.8	--
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	158.8	16.9
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	158.1	--
11161	Collards, raw	36.0	1.0 cup, chopped	157.4	--
11098	Brussels sprouts, raw	88.0	1.0 cup	155.8	--
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	152.0	16.2
11086	Beet greens, raw	38.0	1.0 cup	152.0	--
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	150.9	--
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	148.2	--
43144	Cabbage, mustard, salted	128.0	1.0 cup	148.0	--
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	147.1	0.0
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	146.9	--
11457	Spinach, raw	30.0	1.0 cup	144.9	--
11270	Mustard greens, raw	56.0	1.0 cup, chopped	144.2	--
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	144.0	--
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	144.0	--
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	143.8	0.0
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	142.7	--
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	142.7	--
11568	Turnip greens, raw	55.0	1.0 cup, chopped	138.0	--
21127	Fast foods, coleslaw	191.0	1.0 cup	135.4	0.0
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	132.9	7.2
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	126.5	--
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	120.2	0.0
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	118.2	0.0
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	112.8	--
36036	Restaurant, family style, onion rings	259.0	1.0 serving	110.3	0.0
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	110.1	--
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	110.1	--
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	105.8	--
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	103.5	--
11952	Radicchio, raw	40.0	1.0 cup, shredded	102.1	--
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	101.8	0.0
11015	Asparagus, canned, drained solids	242.0	1.0 cup	99.9	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	96.3	--
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	95.2	0.0
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	95.2	0.0
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	94.6	--
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	94.6	--
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	94.2	--
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	94.1	--
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	94.0	--
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	94.0	--
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	93.2	--
11090	Broccoli, raw	91.0	1.0 cup chopped	92.5	--
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	91.5	--
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	91.3	--
11096	Broccoli raab, raw	40.0	1.0 cup chopped	89.6	--
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	87.5	--
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	87.4	--
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	86.7	--
20126	Spaghetti, spinach, dry	57.0	2.0 oz	86.4	--
11152	Chicory greens, raw	29.0	1.0 cup, chopped	86.3	--
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	85.3	0.0
11591	Watercress, raw	34.0	1.0 cup, chopped	85.0	--
36031	DENNY'S, onion rings	166.0	1.0 serving	84.0	--
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	82.3	0.0
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	82.1	13.3
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	81.5	--
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	81.5	--
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	81.1	--
11683	Carrot, dehydrated	74.0	1.0 cup	79.9	--
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	79.8	--
21420	KFC, Coleslaw	112.0	1.0 package	79.4	0.0
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	79.3	0.0
36028	DENNY'S, coleslaw	91.0	1.0 serving	78.4	0.0
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	76.7	--
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	76.7	--
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	75.4	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
11969	Broccoli, chinese, cooked	88.0	1.0 cup	74.6	--
11941	Pickles, cucumber, sour	155.0	1.0 cup	72.8	--
12147	Nuts, pine nuts, dried	135.0	1.0 cup	72.8	--
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	72.5	--
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	71.1	0.0
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	69.6	--
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	69.5	--
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	69.5	--
11109	Cabbage, raw	89.0	1.0 cup, chopped	67.6	--
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	67.2	--
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	66.4	--
11118	Cabbage, kimchi	150.0	1.0 cup	65.4	--
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	65.3	--
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	64.7	--
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	64.4	0.0
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	64.2	--
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	64.0	0.0
11141	Celeriac, raw	156.0	1.0 cup	64.0	--
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	63.9	--
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	63.6	--
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	62.7	--
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	62.6	--
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	62.6	--
36014	Restaurant, family style, french fries	170.0	1.0 serving	61.0	0.0
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	60.4	--
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	60.4	--
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	60.1	--
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	59.9	0.0
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	59.9	--
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	59.9	--
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	59.9	--
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	59.9	--
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	59.5	--
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	59.5	0.0
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	58.8	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	58.3	--
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	57.9	4.8
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	57.8	--
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	57.8	--
11213	Endive, raw	25.0	0.5 cup, chopped	57.8	--
21270	TACO BELL, Taco Salad	533.0	1.0 item	57.0	--
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	56.7	--
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	56.7	--
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	56.7	--
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	56.3	--
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	56.1	5.6
11011	Asparagus, raw	134.0	1.0 cup	55.7	--
36002	APPLEBEE'S, french fries	164.0	1.0 serving	54.8	0.0
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	54.6	--
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	54.4	--
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	54.4	0.0
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	54.4	--
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	54.2	0.0
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	53.7	1.0
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	53.1	--
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	52.7	--
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	52.7	--
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	52.5	0.0
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	52.4	2.9
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	52.3	--
11973	Beans, fava, in pod, raw	126.0	1.0 cup	51.5	--
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	51.4	--
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	51.4	--
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	51.4	--
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	51.4	--
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	50.6	--
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	49.5	--
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	49.5	0.0
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	48.6	0.0
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	48.3	--

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11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	48.3	--
09038	Avocados, raw, California	230.0	1.0 cup, pureed	48.3	--
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	48.2	--
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	48.2	--
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	48.0	--
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	47.6	--
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	47.5	--
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	47.5	--
36610	DENNY'S, french fries	165.0	1.0 serving	47.5	0.0
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	47.5	0.0
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	47.2	0.0
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	47.2	--
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	46.9	--
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	46.0	0.0
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	45.9	--
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	45.5	--
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	45.5	--
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	45.5	--
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	45.4	--
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	45.4	--
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	44.8	--
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	44.8	--
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	44.4	--
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	44.3	--
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	44.0	--
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	44.0	--
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	44.0	0.0
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	43.9	--
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	43.9	--
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	43.2	--
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	43.0	--
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	42.6	--
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	41.8	--
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	41.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	41.4	--
11212	Edamame, frozen, prepared	155.0	1.0 cup	41.4	0.0
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	40.7	--
16113	Natto	175.0	1.0 cup	40.4	--
36030	DENNY'S, hash browns	124.0	1.0 serving	40.4	--
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	40.4	--
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	40.1	--
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	40.1	--
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	40.0	--
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	40.0	--
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	40.0	--
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	40.0	--
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	39.9	--
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	39.3	--
11424	Pumpkin, canned, without salt	245.0	1.0 cup	39.2	--
11846	Pumpkin, canned, with salt	245.0	1.0 cup	39.2	--
09043	Blackberry juice, canned	250.0	1.0 cup	38.0	--
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	37.4	--
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	37.4	--
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	37.4	0.0
11211	Edamame, frozen, unprepared	118.0	1.0 cup	37.1	0.0
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	37.0	--
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	36.7	--
11655	Carrot juice, canned	236.0	1.0 cup	36.6	--
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	36.1	--
11304	Peas, green, raw	145.0	1.0 cup	36.0	--
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	35.9	--
09307	Rhubarb, raw	122.0	1.0 cup, diced	35.7	--
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	35.3	--
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	35.0	--
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	34.4	--
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	34.3	--
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	34.3	6.1
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	34.0	--



NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	34.0	--
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	33.8	2.7
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	33.7	2.0
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	33.4	--
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	33.1	--
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	33.1	1.1
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	33.0	--
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	33.0	--
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	32.9	0.0
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	32.7	--
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	32.6	--
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	32.5	0.0
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	32.3	29.9
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	32.3	--
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	32.0	--
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	32.0	--
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	31.9	7.9
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	31.8	--
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	31.5	--
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	31.5	--
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	31.5	--
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	31.5	--
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	31.4	--
11278	Okra, raw	100.0	1.0 cup	31.3	--
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	31.1	14.6
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	31.0	--
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	30.8	--
36039	Restaurant, family style, hash browns	94.0	1.0 cup	30.6	--
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	30.5	--
11520	Taro leaves, raw	28.0	1.0 cup	30.4	--
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	30.3	--
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	30.3	--
11298	Parsnips, raw	133.0	1.0 cup slices	29.9	--
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	29.9	--
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	29.9	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	29.7	0.0
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	29.6	--
11143	Celery, raw	101.0	1.0 cup chopped	29.6	--
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	29.6	--
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	29.5	--
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	29.5	--
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	29.2	--
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	29.0	--
42279	Babyfood, peas and brown rice	230.0	1.0 cup	29.0	--
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	28.7	13.5
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	28.6	--
09050	Blueberries, raw	148.0	1.0 cup	28.6	--
11667	Seaweed, spirulina, dried	112.0	1.0 cup	28.6	--
09042	Blackberries, raw	144.0	1.0 cup	28.5	--
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	28.1	--
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	28.1	--
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	28.0	--
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	27.7	--
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	27.2	0.0
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	26.9	--
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	26.8	0.0
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	26.6	--
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	26.4	--
09442	Pomegranate juice, bottled	249.0	1.0 cup	25.9	--
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	25.8	--
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	25.7	--
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	25.7	--
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	25.6	0.5
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	25.5	0.0
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	25.4	2.8
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	25.4	--
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	25.2	--
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	25.1	--
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	25.1	--
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	25.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	25.0	--
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	25.0	--
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	25.0	--
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	25.0	--
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	25.0	--
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	25.0	--
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	25.0	0.0
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	24.7	--
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	24.6	--
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	24.5	8.4
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	24.5	--
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	24.5	--
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	24.3	2.4
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	24.2	--
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	24.0	--
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	23.8	--
09163	Blueberries, dried, sweetened	40.0	0.25 cup	23.8	--
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	23.3	--
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	23.3	--
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	23.3	2.8
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	15.0	1.0 tbsp	23.3	--
09094	Figs, dried, uncooked	149.0	1.0 cup	23.2	--
11955	Tomatoes, sun-dried	54.0	1.0 cup	23.2	--
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	22.8	--
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	22.6	4.2
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	22.5	--
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	22.0	--
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	21.9	--
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	21.8	--
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	21.8	--
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	21.8	--
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	21.7	--
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	21.5	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	21.5	1.2
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	21.4	--
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	21.4	--
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	21.4	--
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	21.4	--
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	21.4	--
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	21.3	--
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	21.3	1.2
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	21.2	--
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	21.2	--
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	21.2	--
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	21.0	--
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	20.5	--
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	20.5	--
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	20.4	0.0
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	20.1	--
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	20.1	0.0
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	20.0	--
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	20.0	--
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	19.9	--
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	19.9	--
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	19.9	--
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	19.7	0.7
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	19.6	--
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	19.6	--
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	19.6	0.0
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	19.6	--
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	19.6	--
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	19.4	--
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	19.4	--
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	19.2	--
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	19.2	--
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	19.2	--
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	19.2	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	19.2	--
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	19.0	--
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	19.0	1.2
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	18.9	--
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	18.9	--
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	18.8	--
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	18.7	--
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	18.6	--
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	18.6	--
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	18.5	--
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	18.5	--
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	18.3	--
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	18.2	--
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	18.2	--
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	18.2	--
11527	Tomatoes, green, raw	180.0	1.0 cup	18.2	--
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	18.1	1.5
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	18.0	0.0
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	18.0	--
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	18.0	--
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	18.0	--
22971	Potato salad with egg	125.0	0.5 cup	17.9	--
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	17.8	--
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	17.8	--
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	17.8	--
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	17.7	0.0
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	17.7	--
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	17.5	--
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	17.5	--
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	17.4	--
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	17.4	--
09095	Figs, dried, stewed	259.0	1.0 cup	17.4	--
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	17.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	17.3	--
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	17.3	--
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	17.3	6.8
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	17.1	--
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	17.0	--
11124	Carrots, raw	128.0	1.0 cup chopped	16.9	--
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	16.8	--
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	16.8	--
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	16.6	--
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	16.6	--
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	16.6	0.0
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	16.6	--
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	16.4	--
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	16.4	--
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	16.3	--
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	16.2	--
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	16.2	--
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	16.2	--
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	16.2	--
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	16.0	--
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	15.9	--
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	15.8	--
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	15.7	5.6
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	15.7	--
18972	Bread, cheese	48.0	1.0 slice	15.6	--
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	15.5	--
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	15.5	--
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	15.4	--
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	15.4	--
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	15.4	--
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	15.4	--
11974	Grape leaves, raw	14.0	1.0 cup	15.2	--
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	15.1	--
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	15.1	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	15.0	--
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	15.0	--
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	15.0	--
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	14.9	--
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	14.9	--
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	14.9	--
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries	14.0	1.0 tbsp	14.9	--
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	14.9	--
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	14.9	--
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	14.9	--
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	14.8	1.0
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	14.7	--
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	14.6	--
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	14.6	--
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	14.5	--
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	14.5	--
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	14.5	--
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	14.5	--
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	14.4	--
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	14.3	--
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	14.3	--
21139	Fast foods, potato, mashed	242.0	1.0 cup	14.3	--
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	14.3	--
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	14.2	--
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	14.2	--
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	14.2	--
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	14.2	--
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	14.2	--
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	14.2	--
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	14.2	--
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	14.2	--
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	14.2	--
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	14.0	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	14.0	5.0
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	13.8	--
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	13.8	5.2
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	13.8	--
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	13.7	--
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	13.7	2.0
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	13.6	0.0
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	13.6	--
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	13.5	--
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	13.4	--
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	13.4	--
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	13.3	--
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	13.3	1.0
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	13.3	1.0
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	13.3	--
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	13.2	0.4
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	13.2	--
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	13.2	--
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	13.1	--
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	13.1	--
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	13.0	--
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	13.0	--
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	13.0	0.0
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	13.0	--
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	13.0	--
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	13.0	--
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	13.0	--
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	13.0	--
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	13.0	--
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	13.0	--
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	12.9	--
11965	Cauliflower, green, raw	64.0	1.0 cup	12.9	--
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	12.9	7.1
43382	Cranberry juice, unsweetened	253.0	1.0 cup	12.9	--



NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	12.9	--
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	12.9	0.0
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	12.8	0.0
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	12.8	--
18963	Garlic bread, frozen	43.0	1.0 slice presliced	12.7	--
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	12.7	--
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	12.6	--
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	12.6	2.6
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	12.6	0.0
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	12.6	0.2
11945	Pickle relish, sweet	15.0	1.0 tbsp	12.6	--
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	12.5	--
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	12.5	--
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	85.0	3.0 oz	12.5	--
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	12.4	--
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	12.4	--
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	12.4	--
09084	Currants, red and white, raw	112.0	1.0 cup	12.3	--
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	12.3	--
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	12.3	--
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	12.2	0.2
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	12.2	--
02034	Spices, poultry seasoning	1.5	1.0 tsp	12.1	--
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	12.1	--
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	12.1	--
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	12.0	3.1
02038	Spices, sage, ground	0.7	1.0 tsp	12.0	--
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	12.0	--
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	12.0	--
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	12.0	--
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	11.9	--
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	11.9	--
11976	Pepper, banana, raw	124.0	1.0 cup	11.8	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	11.8	--
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	11.7	--
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	11.7	--
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	11.7	--
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	11.5	--
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	11.5	--
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	11.4	--
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	11.4	--
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	11.4	--
21238	McDONALD'S, french fries	71.0	1.0 small serving	11.4	--
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	11.3	--
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	11.3	--
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	11.3	--
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	11.2	--
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	11.1	--
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	11.1	--
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	11.1	0.0
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	11.1	0.0
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	11.1	--
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	11.1	--
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	11.1	0.0
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	11.1	--
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	11.1	--
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	11.0	--
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	11.0	--
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	11.0	--
09190	Mulberries, raw	140.0	1.0 cup	10.9	--
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	10.9	--
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	10.9	--
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	10.8	--
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	10.8	--
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	10.8	--
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	10.8	0.0
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	10.7	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
28288	Bread, roll, Mexican, bolillo	98.0	1.0 piece	10.7	--
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	10.7	--
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	10.6	--
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	10.6	--
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	10.6	--
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	10.6	--
09279	Plums, raw	165.0	1.0 cup, sliced	10.6	--
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	10.6	--
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	10.6	--
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	10.5	--
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	10.5	--
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	10.5	--
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	10.5	--
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	10.5	--
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	10.5	--
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	10.5	--
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	10.5	--
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	10.5	--
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	10.4	--
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	10.4	--
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	10.4	2.6
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	10.4	1.7
02044	Basil, fresh	2.5	5.0 leaves	10.4	--
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	10.4	--
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	10.4	--
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	10.4	--
43299	Soybean, curd cheese	225.0	1.0 cup	10.4	--
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	10.3	--
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	10.3	--
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	10.3	--
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	10.3	--
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	10.2	--
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	10.2	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	10.1	--
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	10.1	--
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	10.0	--
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	10.0	--
04582	Oil, canola	14.0	1.0 tbsp	10.0	0.0
20062	Rye grain	169.0	1.0 cup	10.0	--
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	10.0	2.5
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	9.9	--
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	9.9	--
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	9.9	--
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	9.8	--
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	9.8	--
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	9.8	--
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	9.8	--
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	9.7	--
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	9.7	--
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	9.7	--
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	9.7	--
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	9.7	--
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	9.6	--
16069	Lentils, raw	192.0	1.0 cup	9.6	--
09302	Raspberries, raw	123.0	1.0 cup	9.6	--
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	9.6	--
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	9.6	--
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	9.6	--
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	9.5	--
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	9.5	0.0
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	9.5	--
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	9.5	--
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	9.5	--
21024	Fast foods, french toast sticks	65.0	3.0 pieces	9.4	--
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	9.4	0.0
11292	Onions, young green, tops only	6.0	1.0 tbsp	9.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	9.4	--
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	9.4	--
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	9.4	--
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	9.4	--
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	9.4	2.8
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	9.3	1.0
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	9.3	--
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	9.3	--
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	9.3	0.0
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	9.2	--
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	9.2	0.6
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	9.2	--
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	9.2	0.0
43476	Tofu yogurt	262.0	1.0 cup	9.2	--
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	9.2	--
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	9.0	--
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	9.0	--
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	9.0	--
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	9.0	--
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	9.0	--
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	9.0	--
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	9.0	--
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	9.0	1.5
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	8.9	--
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	8.8	5.3
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	8.8	--
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	8.8	--
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	8.8	2.9
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	8.8	--
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	8.8	--
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	8.7	--
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	8.7	--
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	8.7	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	8.7	--
09294	Prune juice, canned	256.0	1.0 cup	8.7	--
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	8.7	--
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	8.7	--
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	8.7	--
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	8.7	0.0
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	8.7	--
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	8.6	--
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	8.6	--
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	8.6	--
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	8.6	--
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	8.6	--
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	8.6	1.7
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	8.6	--
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	8.6	0.0
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	8.6	--
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	8.6	--
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	8.6	--
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	8.6	--
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	8.6	--
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	8.6	--
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	8.5	--
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	8.5	--
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	8.5	--
09334	Feijoa, raw	243.0	1.0 cup, pureed	8.5	0.0
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	8.5	--
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	8.5	--
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	8.5	--
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	8.4	--
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	8.4	2.7
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	8.4	--
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	8.4	--
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	8.4	--
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	8.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	8.4	--
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	8.4	--
16157	Chickpea flour (besan)	92.0	1.0 cup	8.4	--
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	8.4	--
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	8.3	--
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	8.3	--
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	8.3	--
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	8.2	--
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	8.2	--
21249	BURGER KING, french fries	74.0	1.0 small serving	8.2	--
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	8.2	--
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	8.2	--
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	8.2	--
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	8.2	--
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	8.1	--
25027	Snacks, plantain chips, salted	28.35	1.0 oz	8.1	0.0
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	8.1	1.4
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	8.1	--
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	8.1	--
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	8.1	--
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	8.1	--
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	8.1	--
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	8.0	--
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	8.0	--
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	8.0	--
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	8.0	--
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	8.0	--
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	8.0	--
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	7.9	--
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	7.9	--
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	7.9	--
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	7.9	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	7.9	--
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	7.9	1.6
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	7.9	--
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	7.9	--
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	7.9	--
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	7.9	--
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	7.8	--
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	7.8	--
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	7.8	--
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	7.8	--
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	7.8	--
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	7.8	--
20648	Sorghum flour, whole-grain	121.0	1.0 cup	7.7	0.2
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	7.7	--
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	7.7	--
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	7.7	--
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	7.6	--
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	7.6	--
18235	Crackers, whole-wheat	28.0	1.0 serving	7.6	0.0
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	7.6	--
11964	Nopales, cooked, without salt	149.0	1.0 cup	7.6	--
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	7.6	--
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	7.6	--
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	7.6	--
21251	BURGER KING, Cheeseburger	133.0	1.0 item	7.6	--
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	7.6	--
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	7.6	--
20063	Rye flour, dark	128.0	1.0 cup	7.6	--
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	7.5	--
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	7.5	--
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	7.5	--
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	7.5	--
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	7.5	--
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	7.5	--
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	7.4	--



NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	7.4	--
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	7.4	--
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	7.4	--
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	7.4	--
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	14.0	1.0 tablespoon	7.4	--
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	7.3	--
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	7.3	--
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	7.3	--
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	7.3	--
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	7.3	--
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	7.3	--
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	7.3	--
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	7.3	--
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	7.3	--
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	7.3	--
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	7.3	--
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	7.3	--
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	7.3	--
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	7.2	5.8
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	7.2	4.1
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	7.2	5.9
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	7.2	--
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	7.2	--
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	7.2	--
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	7.2	--
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	7.2	--
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	7.2	--
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	7.2	0.0
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	7.1	--
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	7.1	--
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	7.1	--
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	7.1	--
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	7.1	0.7
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	7.1	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	7.1	--
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	7.1	--
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	7.0	--
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	7.0	--
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	7.0	--
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	7.0	--
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	7.0	--
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	7.0	--
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	7.0	23.9
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	7.0	--
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	7.0	--
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	6.9	--
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	6.9	--
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	6.9	--
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	6.9	--
09176	Mangos, raw	165.0	1.0 cup pieces	6.9	--
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	6.9	--
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	6.9	--
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	6.9	--
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	6.9	--
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	6.9	--
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	6.9	--
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	6.9	--
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	6.9	--
11549	Tomato products, canned, sauce	245.0	1.0 cup	6.9	--
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	6.8	--
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	6.8	--
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	6.8	--
02029	Spices, parsley, dried	0.5	1.0 tsp	6.8	--
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	6.8	--
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	6.8	3.1
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	6.7	--
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	6.7	--
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	6.7	--
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	6.7	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	6.7	--
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	6.7	--
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	6.7	--
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	6.7	--
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	6.7	--
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	6.6	--
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	6.6	--
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	6.6	--
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	6.6	--
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	6.6	--
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	6.6	--
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	6.6	--
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	6.6	--
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	6.6	--
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	6.6	--
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	6.5	--
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	6.5	--
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	6.5	--
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	6.4	--
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	6.4	--
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	6.4	--
11693	Tomatoes, crushed, canned	121.0	0.5 cup	6.4	--
11156	Chives, raw	3.0	1.0 tbsp chopped	6.4	--
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	6.4	--
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	6.4	--
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	6.4	--
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	6.4	--
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	6.3	--
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	6.3	--
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	6.3	--
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	6.3	--
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	6.3	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	6.3	--
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	6.3	--
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	6.3	--
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	6.3	--
19415	Snacks, potato sticks	28.35	1.0 oz	6.3	--
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	6.3	--
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	6.3	--
20140	Spelt, uncooked	174.0	1.0 cup	6.3	0.0
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	6.3	--
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	6.3	--
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	6.2	--
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	6.2	--
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	6.2	--
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	6.2	--
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	6.2	--
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	6.2	--
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	6.2	--
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	6.2	--
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	6.2	--
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	6.2	--
09413	Pears, raw, red anjou	126.0	1.0 small	6.2	--
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	6.2	--
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	6.2	--
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	6.2	--
09252	Pears, raw	140.0	1.0 cup, slices	6.2	--
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	6.1	--
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	6.1	--
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	6.1	--
11514	Sweet potato, canned, mashed	255.0	1.0 cup	6.1	--
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	6.1	--
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	6.1	--
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	6.1	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	6.1	--
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	6.1	2.2
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	6.1	0.0
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	6.1	0.0
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	6.0	--
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	6.0	--
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	6.0	--
20064	Rye flour, medium	102.0	1.0 cup	6.0	--
20065	Rye flour, light	102.0	1.0 cup	6.0	--
21268	TACO BELL, Nachos	80.0	1.0 serving	6.0	--
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	6.0	--
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	6.0	--
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	6.0	--
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	6.0	--
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	6.0	--
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	6.0	--
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	6.0	--
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	6.0	--
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	6.0	--
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	6.0	--
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	6.0	--
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	6.0	--
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	6.0	--
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	5.9	--
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	5.9	--
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	5.9	--
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	5.9	--
42289	Oil, corn and canola	14.0	1.0 tbsp	5.9	0.0
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	5.9	--
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	5.9	--
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	5.9	--
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	5.9	--
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	5.9	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	5.9	--
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	5.8	--
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	5.8	--
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	5.8	--
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	5.8	--
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	5.8	--
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	5.8	--
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	5.8	--
09297	Raisins, golden seedless	165.0	1.0 cup, packed	5.8	--
09298	Raisins, seedless	165.0	1.0 cup, packed	5.8	--
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	5.8	--
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	5.7	0.0
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	5.7	--
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	5.7	--
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	5.7	--
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	5.7	--
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	5.7	--
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	5.6	0.0
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	5.6	--
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	5.6	6.8
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	5.6	--
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	5.6	--
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	5.6	--
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	5.6	--
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	5.6	--
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	5.6	--
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	5.6	--
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	5.6	--
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	5.6	--
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	5.6	--
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	5.6	--
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	5.6	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	5.6	--
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	5.6	--
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	5.6	--
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	5.6	--
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	5.6	--
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	5.6	--
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	5.6	--
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	5.5	--
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	5.5	--
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	5.5	--
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	5.5	--
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	5.5	--
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	5.5	--
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	5.5	--
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	5.5	--
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	5.5	--
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	5.5	--
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	5.5	--
04666	Shortening, industrial, soy (partially hydrogenated ) and corn for frying	12.8	1.0 tbsp	5.5	--
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	5.5	--
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	5.5	--
04667	Shortening, industrial, soy (partially hydrogenated ) for baking and confections	12.8	1.0 tbsp	5.5	--
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	5.5	--
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	5.5	--
09078	Cranberries, raw	110.0	1.0 cup, chopped	5.5	--
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	5.5	--
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	5.5	--
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	5.5	--
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	5.5	--
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	5.5	--
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	5.5	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	5.5	--
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	5.5	--
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	5.5	--
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	5.5	--
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	5.4	--
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	5.4	--
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	5.4	--
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	5.4	--
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	5.4	--
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	5.4	2.3
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	5.4	--
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	5.4	--
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	5.4	--
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	5.4	0.0
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	5.4	--
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	5.4	--
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	5.4	--
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	5.3	--
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	5.3	--
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	5.3	--
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	5.3	--
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	5.3	--
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	5.3	--
43114	Vermicelli, made from soy	140.0	1.0 cup	5.3	--
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	5.3	--
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	5.3	0.0
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	5.3	0.0
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	5.3	--
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	5.3	--
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	5.3	--
22911	Chili, no beans, canned entree	240.0	1.0 cup	5.3	--
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	5.3	0.1
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	5.3	--



NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	5.3	--
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	5.3	--
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	5.3	--
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	5.2	--
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	5.2	--
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	5.2	--
11432	Radishes, oriental, dried	116.0	1.0 cup	5.2	--
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	5.2	--
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	5.2	--
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	5.2	--
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	5.2	--
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	5.2	--
09021	Apricots, raw	155.0	1.0 cup, halves	5.1	--
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	5.1	--
19524	Snacks, taro chips	28.35	1.0 oz	5.1	--
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	5.1	--
27066	Sauce, horseradish	5.6	1.0 tsp	5.1	--
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	5.1	--
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	5.0	--
28292	Crackers, multigrain	14.0	4.0 crackers	5.0	--
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	5.0	--
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	5.0	--
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	5.0	--
43146	Eggplant, pickled	136.0	1.0 cup	5.0	--
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	5.0	--
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	5.0	--
16112	Miso	17.0	1.0 tbsp	5.0	--
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	5.0	0.0
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	5.0	--
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	4.9	--
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	4.9	--
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	4.9	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	4.9	--
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	4.9	35.4
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	4.9	--
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	4.9	--
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	4.9	--
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	4.9	--
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	4.9	--
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	4.9	--
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	4.9	--
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	4.9	--
16059	Chili with beans, canned	256.0	1.0 cup	4.9	--
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	4.9	--
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	4.9	--
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	4.9	--
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	4.8	--
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	4.8	0.0
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	4.8	--
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	4.8	--
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	4.8	--
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	4.8	--
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	4.8	--
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	4.8	--
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	4.8	--
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	4.8	--
09085	Currants, zante, dried	144.0	1.0 cup	4.8	--
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	4.7	--
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	4.7	--
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	4.7	--
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	4.7	--
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	4.7	--
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	4.7	--
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	4.7	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	4.7	--
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	4.7	--
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	4.6	--
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	4.6	--
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	4.6	--
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	4.6	--
16172	Refried beans, canned, fat-free	231.0	1.0 cup	4.6	--
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	4.6	--
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	4.6	--
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	4.6	--
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	4.6	4.8
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	4.6	--
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	4.6	--
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	4.6	--
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	4.6	--
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	4.6	--
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	4.6	--
11963	Nopales, raw	86.0	1.0 cup, sliced	4.6	--
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	4.5	--
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	4.5	8.7
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	4.5	--
09143	Guava sauce, cooked	238.0	1.0 cup	4.5	--
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	4.5	--
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	4.5	--
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	4.5	--
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	4.5	--
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	4.5	1.4
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	4.5	--
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	4.5	--
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	4.5	--
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	4.4	2.2
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	4.4	--
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	4.4	--
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	4.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	4.4	4.8
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	4.4	--
20005	Barley, pearled, raw	200.0	1.0 cup	4.4	--
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	4.4	--
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	4.4	0.1
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	4.4	--
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	4.4	0.0
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	4.3	0.0
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	4.3	--
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	4.3	--
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	4.3	--
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	4.3	--
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	4.3	0.0
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	4.3	--
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	4.3	--
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	4.3	--
13166	USDA Commodity, beef, canned	45.0	1.0 serving	4.3	3.4
16117	Soy flour, defatted	105.0	1.0 cup	4.3	--
09139	Guavas, common, raw	165.0	1.0 cup	4.3	--
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	4.3	--
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	4.3	--
01070	Dessert topping, powdered	43.0	1.5 oz	4.3	--
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	4.3	--
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	4.2	--
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	4.2	--
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	4.2	--
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	4.2	--
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	4.2	--
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	4.2	--
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	4.2	--
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	4.2	--
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	4.2	--
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	4.2	--
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	4.2	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	4.2	--
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	4.2	--
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	4.2	--
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	4.2	0.0
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	4.2	--
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	4.1	--
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	4.1	--
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	4.1	--
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	4.1	--
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	4.1	0.0
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	4.1	--
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	4.1	--
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	4.1	--
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	4.1	--
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	4.1	--
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	4.1	--
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	4.1	--
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	4.1	--
20004	Barley, hulled	184.0	1.0 cup	4.0	--
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	4.0	--
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	4.0	--
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	4.0	--
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	4.0	--
09236	Peaches, yellow, raw	154.0	1.0 cup slices	4.0	--
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	4.0	--
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	4.0	--
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	4.0	--
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	4.0	--
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	4.0	--
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	4.0	--
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	4.0	--
09087	Dates, deglet noor	147.0	1.0 cup, chopped	4.0	--
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	4.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	3.9	--
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	3.9	--
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	3.9	0.0
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	3.9	--
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	3.9	--
11134	Cassava, raw	206.0	1.0 cup	3.9	--
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	3.9	--
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	3.9	--
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	3.9	--
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.9	--
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	3.9	--
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	3.9	--
11975	Grape leaves, canned	4.0	1.0 leaf	3.9	--
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	3.9	--
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	3.9	--
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	3.9	--
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	3.9	--
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	3.9	--
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	3.9	--
43109	Pretzels, soft	143.0	1.0 large	3.9	--
25024	Pretzels, soft, unsalted	143.0	1.0 large	3.9	--
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	3.9	--
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	3.9	--
01072	Dessert topping, pressurized	70.0	1.0 cup	3.8	--
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	3.8	--
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	3.8	--
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	3.8	--
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	3.8	--
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	3.8	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	3.8	0.0
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.8	--
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	3.8	--
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	3.8	--
19014	Snacks, fruit leather, rolls	21.0	1.0 large	3.8	--
12142	Nuts, pecans	109.0	1.0 cup, chopped	3.8	--
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	3.8	--
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	3.8	0.0
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	3.8	--
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	3.8	0.2
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	3.8	--
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	3.8	--
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	3.8	--
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	3.8	--
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	3.8	--
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	3.8	--
09226	Papayas, raw	145.0	1.0 cup 1" pieces	3.8	--
02030	Spices, pepper, black	2.3	1.0 tsp, ground	3.8	--
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	3.8	--
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	3.8	--
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	3.8	--
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	3.7	--
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	3.7	0.0
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	3.7	--
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	3.7	--
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	3.7	--
02023	Spices, marjoram, dried	0.6	1.0 tsp	3.7	--
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	3.7	--
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	3.7	--
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	3.7	--
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	3.7	1.4
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	3.7	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	3.7	--
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	3.7	--
18283	Muffins, oat bran	28.35	1.0 oz	3.7	--
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	3.7	--
20142	Teff, uncooked	193.0	1.0 cup	3.7	0.0
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	3.7	--
42136	Cream substitute, powdered, light	94.0	1.0 cup	3.7	--
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	3.7	--
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	3.7	--
20074	Wheat, hard white	192.0	1.0 cup	3.6	--
20071	Wheat, hard red spring	192.0	1.0 cup	3.6	--
20072	Wheat, hard red winter	192.0	1.0 cup	3.6	--
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.6	--
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.6	--
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	3.6	--
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	3.6	0.0
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	3.6	--
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	3.6	3.1
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	3.6	--
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	3.6	--
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	3.6	--
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	3.6	--
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	3.6	--
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	3.6	--
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	3.6	--
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	3.6	--
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	3.6	--
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	3.6	--
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	3.6	--
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	3.6	--
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	3.6	--
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	3.6	1.0



NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	3.6	--
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	3.6	--
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.6	--
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	3.6	--
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	3.6	--
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	3.6	--
01011	Cheese, colby	132.0	1.0 cup, diced	3.6	--
20131	Barley malt flour	162.0	1.0 cup	3.6	--
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	3.6	--
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	3.6	--
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	3.5	--
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	3.5	--
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	3.5	--
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	3.5	--
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	3.5	--
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	3.5	--
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	3.5	--
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	3.5	--
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	3.5	--
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	3.5	--
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	3.5	--
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	3.5	3.7
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	3.5	--
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	3.5	--
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	3.5	--
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	3.5	--
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	3.5	--
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	3.5	--
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	3.5	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	3.5	--
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	3.5	--
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	3.5	--
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	3.5	--
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	3.5	0.0
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	3.5	--
11601	Yam, raw	150.0	1.0 cup, cubes	3.4	--
11954	Tomatillos, raw	34.0	1.0 medium	3.4	--
01020	Cheese, fontina	132.0	1.0 cup, diced	3.4	--
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	3.4	--
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	3.4	--
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	3.4	1.0
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	3.4	--
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	3.4	--
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	3.4	--
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	3.4	--
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	3.4	--
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	3.4	--
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	3.4	--
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	3.4	--
09002	Acerola juice, raw	242.0	1.0 cup	3.4	--
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	3.4	--
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	3.4	--
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	3.4	--
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	3.4	--
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	3.4	--
09322	Tamarinds, raw	120.0	1.0 cup, pulp	3.4	--
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	3.4	--
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.4	--
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	3.4	--
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	3.4	--
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	3.4	--
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	3.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	3.4	--
04037	Oil, rice bran	13.6	1.0 tablespoon	3.4	--
04652	Oil, industrial, soy ( partially hydrogenated), all purpose	13.6	1.0 tbsp	3.4	--
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	3.4	--
04588	Oil, oat	13.6	1.0 tbsp	3.4	--
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	3.4	--
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	3.4	--
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	3.4	--
04653	Oil, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	3.4	--
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	3.4	--
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	3.4	--
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	3.4	--
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	3.4	--
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	3.4	--
04501	Oil, cocoa butter	13.6	1.0 tablespoon	3.4	--
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	3.4	--
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	3.4	--
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	3.4	--
04664	Oil, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings	13.6	1.0 tbsp	3.4	--
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	3.4	--
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	3.4	--
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	3.4	--
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	3.4	--
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	3.4	--
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	3.3	0.0
09316	Strawberries, raw	152.0	1.0 cup, halves	3.3	--
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.3	--
20132	Oat flour, partially debranned	104.0	1.0 cup	3.3	--
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	3.3	--
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	3.3	--
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	3.3	--
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	3.3	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	3.3	--
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	3.3	--
01025	Cheese, monterey	132.0	1.0 cup, diced	3.3	--
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	3.3	--
01030	Cheese, muenster	132.0	1.0 cup, diced	3.3	--
01005	Cheese, brick	132.0	1.0 cup, diced	3.3	--
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	3.3	--
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	3.3	--
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	3.3	--
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	3.3	--
20130	Barley flour or meal	148.0	1.0 cup	3.3	--
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	3.3	--
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	3.3	--
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	3.3	--
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	3.2	--
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	3.2	--
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	3.2	--
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	3.2	--
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	3.2	--
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.2	--
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.2	--
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.2	--
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.2	--
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.2	--
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	3.2	--
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	3.2	--
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	3.2	--
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	3.2	--
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	3.2	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
20075	Wheat, soft white	168.0	1.0 cup	3.2	--
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	3.2	--
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	3.2	--
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	3.2	--
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	3.2	--
01034	Cheese, port de salut	132.0	1.0 cup, diced	3.2	--
01009	Cheese, cheddar	132.0	1.0 cup, diced	3.2	11.4
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	3.2	--
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	3.2	--
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	3.2	--
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	3.2	--
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	3.2	--
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	3.2	0.4
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	3.1	--
09191	Nectarines, raw	143.0	1.0 cup slices	3.1	--
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	3.1	--
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	3.1	--
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.1	--
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	3.1	--
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	3.1	--
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	3.1	--
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	3.1	--
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	3.1	--
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	3.1	0.0
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	3.1	--
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	3.1	--
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	3.1	--
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	3.1	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
18241	Croissants, cheese	28.35	1.0 oz	3.1	--
01024	Cheese, limburguer	134.0	1.0 cup	3.1	--
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	3.1	--
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	3.1	--
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	3.1	--
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	3.1	--
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	3.1	--
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	3.1	--
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	3.1	--
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	3.1	--
21386	BURGER KING, french toast sticks	21.0	1.0 stick	3.0	--
20088	Wild rice, raw	160.0	1.0 cup	3.0	--
09079	Cranberries, dried, sweetened	40.0	0.25 cup	3.0	--
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	3.0	--
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	3.0	--
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	3.0	--
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	3.0	--
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	3.0	--
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	3.0	--
20033	Oat bran, raw	94.0	1.0 cup	3.0	--
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	3.0	--
06167	Sauce, homemade, white, thick	250.0	1.0 cup	3.0	--
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	3.0	--
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	3.0	--
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	3.0	--
02011	Spices, cloves, ground	2.1	1.0 tsp	3.0	--
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	3.0	--
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	3.0	--
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	3.0	--
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	3.0	--
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	3.0	--
19367	Toppings, nuts in syrup	328.0	1.0 cup	3.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	2.9	--
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	2.9	--
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	2.9	--
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.9	--
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	2.9	10.1
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	2.9	--
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	2.9	--
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	2.9	--
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	2.9	--
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	2.9	--
01035	Cheese, provolone	132.0	1.0 cup, diced	2.9	--
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	2.9	--
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	2.9	--
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	2.9	--
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	2.9	--
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	2.9	--
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	2.9	--
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	2.9	--
05658	Ostrich, top loin, cooked	85.0	1.0 serving ( 3 oz )	2.9	--
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	2.9	--
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	2.9	--
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	2.9	--
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	2.9	--
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	2.9	--
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	2.9	--
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	2.9	--
11209	Eggplant, raw	82.0	1.0 cup, cubes	2.9	--
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	2.9	--
02009	Spices, chili powder	2.7	1.0 tsp	2.9	--
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	2.8	--
36045	ON THE BORDER, refried beans	135.0	1.0 cup	2.8	1.4
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	2.8	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	2.8	--
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	2.8	--
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	2.8	--
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	2.8	--
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	2.8	--
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	2.8	--
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	2.8	--
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.8	--
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	2.8	--
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	2.8	--
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	2.8	--
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	2.8	--
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	2.8	--
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	2.8	--
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	2.8	--
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	2.8	--
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	2.7	0.2
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	2.7	--
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	2.7	--
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.7	--
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	2.7	--
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	2.7	--
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	2.7	--
01019	Cheese, feta	150.0	1.0 cup, crumbled	2.7	--
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	2.7	--
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	2.7	--
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	2.7	--
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	2.7	0.0
11981	Peppers, hungarian, raw	27.0	1.0 pepper	2.7	--
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	2.7	--
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	2.7	--
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	2.7	--
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	2.7	--



NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
20012	Bulgur, dry	140.0	1.0 cup	2.7	--
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	2.6	--
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	2.6	--
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.6	--
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	2.6	--
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	2.6	--
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	2.6	--
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	2.6	0.0
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	2.6	--
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.6	--
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	2.6	--
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4" dia)	2.6	--
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	2.6	0.1
16008	Beans, baked, canned, with franks	259.0	1.0 cup	2.6	--
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	2.6	--
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	2.6	--
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	2.6	--
01128	Egg, whole, cooked, fried	46.0	1.0 large	2.6	--
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	2.6	--
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	2.6	7.9
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	2.6	--
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	2.6	--
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	2.6	--
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	2.6	--
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	2.6	--
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	2.5	--
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	2.5	--
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	2.5	--
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	2.5	--
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	2.5	0.0
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.5	--
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	2.5	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	2.5	--
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	2.5	--
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	2.5	--
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	2.5	--
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	2.5	--
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	2.5	--
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	2.5	0.0
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	2.5	--
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	2.5	--
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	2.5	--
21142	Fast food, biscuit	55.0	1.0 biscuit	2.5	--
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	2.5	--
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	2.5	--
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	2.4	--
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	2.4	0.1
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	2.4	--
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	2.4	--
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	2.4	--
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	2.4	0.0
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	2.4	--
21401	Fast foods, chicken tenders	30.0	1.0 strip	2.4	--
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	2.4	--
11349	Poi	240.0	1.0 cup	2.4	--
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	2.4	--
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	2.4	--
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	2.4	--
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	2.4	--
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	2.4	--
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	2.4	--
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	2.4	--
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.4	--
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	2.4	--
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	2.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	2.4	--
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	2.4	--
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	2.4	--
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	2.4	--
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	2.3	--
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	2.3	--
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	2.3	--
11215	Garlic, raw	136.0	1.0 cup	2.3	--
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	2.3	--
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	2.3	--
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	2.3	0.0
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	2.3	--
20080	Wheat flour, whole-grain	120.0	1.0 cup	2.3	--
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	2.3	--
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	2.3	--
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	2.3	--
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	2.3	--
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	2.3	--
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	2.3	--
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	2.3	0.0
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	2.3	--
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	2.3	--
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	2.3	--
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	2.3	--
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	2.3	--
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	2.3	--
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	2.3	--
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	2.3	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
06166	Sauce, homemade, white, medium	250.0	1.0 cup	2.2	--
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	2.2	--
20060	Rice bran, crude	118.0	1.0 cup	2.2	--
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	2.2	--
42316	Babyfood, carrots, toddler	28.35	1.0 oz	2.2	--
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	2.2	--
43541	Ice creams, chocolate, rich	148.0	1.0 cup	2.2	--
16129	Tofu, fried	28.35	1.0 oz	2.2	--
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	2.2	--
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	2.2	--
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	2.2	--
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	2.2	--
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	2.2	--
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	2.2	--
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	2.2	--
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	2.2	--
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	2.2	0.0
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	2.2	--
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	2.2	--
19071	Candies, carob, unsweetened	28.35	1.0 oz	2.2	--
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	2.2	--
18971	Bread, potato	32.0	1.0 slice	2.2	--
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	2.2	--
11959	Arugula, raw	2.0	1.0 leaf	2.2	--
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	2.2	--
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	2.2	--
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	2.2	--
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	2.2	--
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	2.2	--
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	2.2	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	2.2	--
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	2.2	--
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	2.2	--
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	2.2	--
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	2.2	--
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	2.2	1.9
18967	Bread, white wheat	28.0	1.0 slice	2.2	--
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	2.2	--
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	2.2	--
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	2.2	--
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.1	--
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	2.1	--
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.1	--
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	2.1	--
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	2.1	--
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	2.1	--
02054	Capers, canned	8.6	1.0 tbsp, drained	2.1	--
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.1	--
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	2.1	0.0
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	2.1	--
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	2.1	--
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	2.1	--
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	2.1	0.5
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	2.1	--
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	2.1	--
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	2.1	--
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	2.1	--
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	2.1	0.0
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	2.1	--
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	2.1	--
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	2.1	--
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	2.1	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	2.1	0.0
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	2.1	--
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	2.1	--
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	2.0	--
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	2.0	--
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	2.0	--
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	2.0	--
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	2.0	0.0
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	2.0	--
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	2.0	--
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	2.0	--
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	2.0	--
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	2.0	--
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	2.0	--
04528	Oil, walnut	13.6	1.0 tbsp	2.0	--
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	2.0	--
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	2.0	--
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	2.0	--
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	2.0	--
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	2.0	--
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	2.0	--
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	2.0	--
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	2.0	--
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	2.0	--
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	2.0	--
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	2.0	--
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	2.0	--
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	2.0	--
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	2.0	--
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.0	--
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	2.0	--
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	2.0	--
09436	Mango nectar, canned	251.0	1.0 cup	2.0	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	2.0	0.0
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	2.0	--
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	2.0	--
09229	Papaya nectar, canned	250.0	1.0 cup	2.0	--
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	2.0	--
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	2.0	--
02015	Spices, curry powder	2.0	1.0 tsp	2.0	--
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	2.0	--
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	2.0	--
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	2.0	3.4
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	2.0	--
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	2.0	--
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	2.0	--
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	2.0	--
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	2.0	--
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	2.0	--
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	2.0	--
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	2.0	--
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	2.0	--
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	2.0	--
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	2.0	--
18245	Danish pastry, cheese	28.35	1.0 oz	2.0	--
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	2.0	--
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	2.0	--
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	2.0	--
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	2.0	--
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	2.0	--
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	1.9	--
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	1.9	--
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	1.9	--
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	1.9	--
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	1.9	--
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	1.9	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	1.9	--
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	1.9	--
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	1.9	--
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	1.9	0.0
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	1.9	6.8
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	1.9	--
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	1.9	--
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	1.9	--
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	1.9	--
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	1.9	--
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.9	--
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	1.9	--
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	1.9	--
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	1.9	--
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	1.9	--
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.9	--
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	1.9	--
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	1.9	--
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	1.8	--
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	1.8	--
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	1.8	--
01040	Cheese, swiss	132.0	1.0 cup, diced	1.8	8.3
02028	Spices, paprika	2.3	1.0 tsp	1.8	--
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	1.8	--
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	1.8	--
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	1.8	--
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	1.8	--
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	1.8	--
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	1.8	--
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	1.8	--
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	1.8	--
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	1.8	--



NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
20031	Millet, raw	200.0	1.0 cup	1.8	--
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	1.8	--
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	1.8	--
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	1.8	--
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	1.8	--
19081	Candies, sweet chocolate	28.35	1.0 oz	1.8	--
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	1.8	--
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.8	--
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	1.8	0.5
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	1.8	--
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	1.8	--
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	1.8	--
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	1.8	--
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	1.8	--
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	1.8	--
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	1.8	--
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbs	1.8	--
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	1.8	--
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	1.7	--
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	1.7	--
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	1.7	--
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	1.7	--
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	1.7	--
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	14.0	1.0 tablespoon	1.7	--
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	1.7	--
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	1.7	--
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	1.7	--
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	1.7	--
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	1.7	5.4
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	1.7	--
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	1.7	--
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	1.7	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	1.7	--
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	1.7	--
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	1.7	--
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.7	--
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	1.7	4.2
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.7	--
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.7	--
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	1.7	--
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.7	--
01032	Cheese, parmesan, grated	100.0	1.0 cup	1.7	7.1
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.7	--
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.7	--
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	1.7	--
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	1.7	--
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	1.7	--
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	1.7	--
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	1.7	--
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	1.7	--
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	1.7	--
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	1.7	--
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	1.7	--
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	1.6	0.0
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	1.6	--
18170	Cookies, fig bars	28.35	1.0 oz	1.6	--
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	1.6	--
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	1.6	--
15261	Fish, tilapia, raw	116.0	1.0 fillet	1.6	--
07974	Bacon, turkey, low sodium	15.0	1.0 serving	1.6	--
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	1.6	--
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	1.6	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	1.6	--
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	1.6	--
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	1.6	--
18065	Bread, wheat, toasted	28.35	1.0 oz	1.6	--
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	1.6	--
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	1.6	--
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.6	--
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.6	--
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.6	--
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	1.6	--
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.6	--
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.6	--
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.6	--
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.6	--
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.6	--
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.6	--
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.6	--
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	1.6	--
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	1.6	--
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	1.6	--
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	1.6	--
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	1.6	--
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	1.6	--
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	1.6	--
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	1.6	--
07056	Peppered loaf, pork, beef	100.0	3.52 slices	1.6	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.6	--
01069	Cream substitute, powdered	94.0	1.0 cup	1.6	0.0
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	1.6	0.2
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	1.6	0.1
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	1.6	0.2
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	1.6	0.2
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	1.6	0.3
18434	Crackers, cheese, low sodium	14.2	0.5 oz	1.6	--
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	1.6	--
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	1.6	--
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	1.6	--
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	1.6	--
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	1.6	--
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	1.6	--
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	1.6	--
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	1.6	--
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	1.6	--
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	1.6	--
11878	Taro, cooked, with salt	132.0	1.0 cup slices	1.6	--
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	1.6	--
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	1.6	--
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	1.6	--
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	1.6	--
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	1.6	--
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	1.6	--
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	1.6	--
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	1.6	--
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	1.6	--
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	1.6	--
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.6	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	1.6	--
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	1.6	--
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	1.6	--
18177	Cookies, molasses	28.35	1.0 oz	1.6	--
19912	Sweetener, syrup, agave	6.9	1.0 tsp	1.6	--
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	1.6	--
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	1.6	--
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	1.5	--
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	1.5	--
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	1.5	--
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	1.5	--
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	1.5	--
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	1.5	--
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	1.5	--
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	1.5	--
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.5	--
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.5	--
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.5	--
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.5	--
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.5	--
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.5	--
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	1.5	--
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.5	--
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.5	--
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.5	--
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.5	--
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.5	--
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	1.5	--
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	1.5	--
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	1.5	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	1.5	--
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	1.5	5.3
11429	Radishes, raw	116.0	1.0 cup slices	1.5	--
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	1.5	--
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	1.5	--
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	1.5	0.0
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	1.5	--
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	1.5	--
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	1.5	--
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	1.5	--
06165	Sauce, homemade, white, thin	250.0	1.0 cup	1.5	--
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	1.5	--
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1.5	--
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	1.5	--
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	1.5	--
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	1.5	--
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	1.5	--
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	1.5	0.0
25046	Snacks, bagel chips, plain	28.35	1.0 oz	1.5	0.0
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	1.5	--
18968	Bagels, wheat	98.0	1.0 bagel	1.5	--
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	1.5	--
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	1.5	5.7
09160	Lime juice, raw	242.0	1.0 cup	1.5	--
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	1.4	--
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	1.4	--
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	1.4	--
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	1.4	--
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.4	--
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.4	--
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	1.4	--
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.4	--
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.4	--
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	1.4	--
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	1.4	0.7
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.4	--
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	1.4	--
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.4	--
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.4	--
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.4	--
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	1.4	0.0
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	1.4	0.0
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	1.4	--
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	1.4	--
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	1.4	--
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	1.4	--
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	1.4	--
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	1.4	--
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	1.4	--
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.4	--
11960	Carrots, baby, raw	15.0	1.0 large	1.4	--
09278	Plantains, cooked	200.0	1.0 cup, mashed	1.4	--
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	1.4	--
19089	Ice creams, vanilla, rich	107.0	0.5 cup	1.4	--
18064	Bread, wheat	28.35	1.0 oz	1.4	--
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	1.4	--
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	1.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	1.4	--
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1.4	--
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	1.4	--
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	1.4	--
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	1.4	--
18428	Crackers, wheat, low salt	14.2	0.5 oz	1.4	--
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.4	--
01074	Sour cream, imitation, cultured	28.35	1.0 oz	1.4	--
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.4	--
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4	--
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.4	--
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.4	--
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4	--
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.4	--
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.4	--
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4	--
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4	--
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4	--
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--



NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4	--
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.4	--
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.4	--
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.4	--
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4	--
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.4	--
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4	--
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	1.4	--
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4	--
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.4	--
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	1.4	--
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4	--
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.4	--
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.4	--
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.4	--
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.4	--
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4	--
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.4	--
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4	--
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.4	--
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.4	--
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.4	--
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.4	--
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4	--
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.4	--
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.4	--
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4	--
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.4	--
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.4	--
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.4	--
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4	--
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.4	--
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	1.4	--
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.4	--
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4	--
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.4	--
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.4	--
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.4	--
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.4	--
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.4	--
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.4	--
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.4	--
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.4	--
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4	--
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.4	--
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4	--
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.4	--
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4	--
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.4	--
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4	--
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.4	--
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	1.4	--
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.4	--
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.4	--
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.4	--
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4	--
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4	--
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4	--
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4	--
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.4	--
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.4	--
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.4	--
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.4	--
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4	--
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.4	--
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz ( 1 serving )	1.4	--
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.4	--
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.4	--
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.4	--
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.4	--
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	1.4	--
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--



NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.4	--
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.4	--
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.4	--
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.4	--
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4	--
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.4	--
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.4	--
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4	--
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4	--
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.4	--
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.4	--
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.4	--
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	1.4	--
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.4	--
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.4	--
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	1.4	--
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	1.4	--
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	1.4	--
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	1.3	--
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	1.3	3.5
18214	Crackers, cheese, regular	14.2	0.5 oz	1.3	0.0
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	1.3	--
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	1.3	--
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	1.3	--
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	1.3	--
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	1.3	--
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	1.3	--
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	1.3	--
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	1.3	--
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	1.3	--
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	1.3	--
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	1.3	--
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	1.3	--
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	1.3	--
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3	--
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.3	--
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	1.3	3.3
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.3	--
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.3	--
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.3	--
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.3	--
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	1.3	--
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.3	--
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.3	--
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	1.3	--
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.3	--
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.3	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.3	--
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.3	--
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3	--
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	1.3	--
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	1.3	--
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.3	--
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3	--
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.3	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.3	--
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	1.3	--
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3	--
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3	--
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.3	--
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	1.3	--
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	1.3	--
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.3	--
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.3	--
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.3	--
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.3	--
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.3	--
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.3	--
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	1.3	--
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	1.3	--
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	1.3	--
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.3	--
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3	--
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3	--
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	1.3	--
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.3	--
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.3	--
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.3	--
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.3	--
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.3	--
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.3	--
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.3	--
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.3	--
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	1.3	--
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.3	--
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.3	--
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.3	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.3	--
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3	--
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3	--
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.3	--
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.3	--
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.3	--
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	1.3	--
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3	--
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3	--
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--



NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.3	--
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.3	--
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.3	--
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.3	--
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.3	--
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.3	--
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.3	--
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.3	--
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.3	--
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.3	--
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	1.3	--
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.3	--
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.3	--
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.3	--
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.3	--
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.3	--
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.3	--
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.3	--
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.3	--
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.3	--
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.3	--
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.3	--
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	1.3	0.0
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	1.3	--
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	1.3	--
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	1.3	0.0
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	1.3	--
20006	Barley, pearled, cooked	157.0	1.0 cup	1.3	--
11656	Corn pudding, home prepared	250.0	1.0 cup	1.2	--
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	1.2	--
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.2	--
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	1.2	--
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	1.2	--
18147	Cheesecake commercially prepared	28.35	1.0 oz	1.2	--
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	1.2	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	1.2	--
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	1.2	--
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	1.2	--
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup ( 1 NLEA serving)	1.2	--
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	1.2	--
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup ( 1 NLEA serving)	1.2	--
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	1.2	--
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	1.2	--
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	1.2	--
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	1.2	--
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	1.2	--
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	1.2	--
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	1.2	--
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	1.2	0.0
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	1.2	4.4
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	1.2	0.0
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	1.2	--
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	1.2	--
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	1.2	--
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	1.2	--
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	1.2	--
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup ( 1 NLEA serving)	1.2	--
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	1.2	--
43282	Quail, cooked, total edible	28.35	1.0 oz	1.2	--
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.2	--
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	1.2	--
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.2	--
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.2	--
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	1.2	--
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	1.2	--
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.2	--
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.2	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	1.2	--
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.2	--
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.2	--
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.2	--
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.2	--
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.2	--
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.2	--
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.2	--
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.2	--
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	1.2	--
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.2	--
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.2	--
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	1.2	--
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.2	--
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.2	--
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.2	--
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.2	--
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.2	--
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	1.2	--
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.2	--
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.2	--
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.2	--
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.2	--
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	1.2	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.2	--
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.2	--
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.2	--
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	1.2	0.2
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	1.2	--
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.2	--
17142	Veal, ground, raw	85.0	3.0 oz	1.2	--
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	1.2	--
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	1.2	--
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	1.2	0.8
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	1.2	--
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	1.2	--
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	1.2	--
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	1.2	--
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	1.2	--
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	1.2	--
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	1.2	--
18319	Pie, fried pies, fruit	28.35	1.0 oz	1.2	--
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	1.2	--
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	1.2	--
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	1.2	--
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	1.2	--
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	1.2	--
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	1.1	--
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	1.1	--
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	1.1	--
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	1.1	--
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	1.1	--
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	1.1	--
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	1.1	--
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	1.1	--
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	1.1	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
09040	Bananas, raw	225.0	1.0 cup, mashed	1.1	--
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	1.1	0.0
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	1.1	0.0
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	1.1	--
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	1.1	--
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	1.1	3.5
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	1.1	--
21422	KFC, Popcorn Chicken	6.4	1.0 piece	1.1	0.5
04038	Oil, wheat germ	4.5	1.0 tsp	1.1	--
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	1.1	0.0
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	1.1	--
18360	Taco shells, baked	12.9	1.0 shell	1.1	--
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	1.1	--
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	1.1	--
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	1.1	--
18191	Cookies, raisin, soft-type	28.35	1.0 oz	1.1	--
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	1.1	--
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	1.1	--
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.1	--
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.1	--
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.1	--
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	1.1	--
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.1	--
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.1	--
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	1.1	--
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.1	--
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.1	--
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.1	--
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.1	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.1	--
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.1	--
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.1	--
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.1	--
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.1	--
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.1	--
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	1.1	--
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.1	--
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.1	--
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.1	--
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.1	--
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.1	--
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	1.1	--
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.1	--
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.1	--
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	1.1	--
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	1.1	--
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.1	--
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.1	--
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.1	--
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	1.1	--
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.1	--
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.1	--
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.1	--
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	1.1	--
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	1.1	--
20077	Wheat bran, crude	58.0	1.0 cup	1.1	--



NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
01003	Butter oil, anhydrous	12.8	1.0 tbsp	1.1	--
09059	Breadfruit, raw	220.0	1.0 cup	1.1	--
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	1.1	--
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	1.1	--
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	1.1	--
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	1.1	--
04055	Oil, palm	13.6	1.0 tbsp	1.1	--
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	1.1	--
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	1.1	--
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	1.1	--
18243	Croutons, seasoned	14.2	0.5 oz	1.1	--
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	1.1	--
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	1.1	--
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	1.1	--
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	1.1	--
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	1.1	3.7
01239	Ice cream cookie sandwich	82.0	1.0 serving	1.1	--
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	1.1	--
28351	Cookies, Marie biscuit	28.0	5.0 cookie	1.1	--
43408	Babyfood, juice, pear	31.2	1.0 fl oz	1.1	--
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	1.1	--
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	1.1	--
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	1.1	--
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	1.0	--
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	1.0	--
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	1.0	4.0
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	1.0	--
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	1.0	--
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	1.0	--
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	1.0	--
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	1.0	--
11518	Taro, raw	104.0	1.0 cup, sliced	1.0	--
11446	Seaweed, laver, raw	26.0	10.0 sheets	1.0	--
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	1.0	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	1.0	--
09277	Plantains, raw	148.0	1.0 cup, sliced	1.0	--
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	1.0	--
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	1.0	--
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	1.0	--
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	1.0	--
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	1.0	--
17224	Lamb, ground, raw	28.35	1.0 oz	1.0	--
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	1.0	--
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	1.0	--
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.0	--
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.0	--
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.0	--
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.0	--
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.0	--
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	1.0	--
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	1.0	--
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	1.0	--
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.0	--
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.0	--
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	1.0	--
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.0	--
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.0	--
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.0	--
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.0	--
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.0	--
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	1.0	--
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.0	--
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.0	--
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.0	--
01133	Egg, whole, dried	85.0	1.0 cup, sifted	1.0	--
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.0	--
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.0	--
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	1.0	--
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.0	--
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.0	--
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	1.0	--
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	1.0	2.3
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	1.0	--
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	1.0	--
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	1.0	--
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	1.0	--
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	1.0	--
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	1.0	--
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	1.0	--
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	1.0	--
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	1.0	--
07954	Beef sausage, pre-cooked	48.0	1.0 serving	1.0	--
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	1.0	0.0
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	1.0	--
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	1.0	--
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	1.0	--
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	1.0	--
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	1.0	--
11943	Pimento, canned	12.0	1.0 tbsp	1.0	--
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	1.0	--
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	1.0	--
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	1.0	--
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	1.0	--
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	1.0	--
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	1.0	--
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	1.0	--
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	1.0	--
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	1.0	--
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	1.0	--
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	1.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	1.0	--
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	1.0	--
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	1.0	--
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	1.0	0.3
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	1.0	--
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	1.0	--
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	1.0	--
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	1.0	--
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.0	--
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	1.0	--
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	1.0	--
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.0	--
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	1.0	--
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	1.0	--
20647	Millet flour	119.0	1.0 cup	1.0	0.2
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1.0	--
04529	Oil, almond	13.6	1.0 tablespoon	1.0	--
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1.0	--
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	1.0	--
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	1.0	--
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.9	--
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.9	--
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.9	--
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.9	--
18323	Pie, peach	28.35	1.0 oz	0.9	--
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.9	--
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.9	--
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.9	--
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.9	--
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.9	--
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.9	--
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.9	--

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23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.9	--
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.9	--
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.9	--
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.9	--
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.9	--
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.9	--
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	0.9	--
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	0.9	--
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	0.9	--
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0.9	--
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	0.9	--
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	0.9	--
20013	Bulgur, cooked	182.0	1.0 cup	0.9	--
01238	Ice cream sandwich	70.0	1.0 serving	0.9	--
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.9	--
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.9	--
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.9	0.0
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.9	--
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.9	--
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.9	--
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.9	--
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	0.9	--
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.9	--
09315	Soursop, raw	225.0	1.0 cup, pulp	0.9	--
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0.9	--
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0.9	--
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.9	--
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.9	--
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.9	--
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	0.9	--
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	0.9	--
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.9	--
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.9	--
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0.9	--
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	0.9	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	0.9	--
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.9	--
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.9	--
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.9	--
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.9	--
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.9	--
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.9	--
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0.9	--
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.9	6.8
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.9	--
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.9	--
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.9	--
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.9	--
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.9	--
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0.9	--
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.9	--
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.9	4.3
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.9	--
01156	Cheese, goat, hard type	28.35	1.0 oz	0.9	--
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.8	0.3
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.8	--
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.8	--
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.8	--
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	0.8	--
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.8	2.1
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.8	--
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.8	--
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.8	--
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.8	--
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0.8	--
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	0.8	--
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.8	--
18354	Strudel, apple	28.35	1.0 oz	0.8	--
20089	Wild rice, cooked	164.0	1.0 cup	0.8	--
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.8	0.0

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20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	0.8	0.0
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.8	--
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.8	--
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.8	--
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.8	--
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.8	--
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	0.8	--
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.8	--
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0.8	--
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	0.8	--
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	0.8	--
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0.8	--
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.8	--
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.8	--
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.8	--
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	0.8	--
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.8	--
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.8	--
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.8	--
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.8	--
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	0.8	--
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.8	8.9
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.8	--
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.8	0.0
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.8	--
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.8	--
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.8	--
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.8	--
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.8	--
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.8	--
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.8	--
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.8	--

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04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.8	--
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.8	--
01023	Cheese, gruyere	28.35	1.0 oz	0.8	--
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.8	--
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.8	2.6
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.8	2.6
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.8	2.6
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.8	--
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.8	--
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.8	--
01057	Eggnog	254.0	1.0 cup	0.8	--
09164	Litchis, raw	190.0	1.0 cup	0.8	--
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.8	--
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.8	--
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.8	--
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.8	--
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.8	--
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0.8	--
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	0.8	--
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.8	--
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.8	0.0
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.8	0.0
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.8	--
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.8	--
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.8	--
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.8	--
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0.8	--
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0.7	--
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.7	--
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.7	--
21129	Fast foods, hush puppies	22.0	1.0 piece	0.7	--
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.7	--



NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.7	--
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.7	--
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.7	--
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0.7	--
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.7	--
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.7	--
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.7	--
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.7	--
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.7	--
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0.7	--
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0.7	--
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.7	--
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.7	--
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.7	--
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.7	--
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.7	--
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.7	2.4
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.7	--
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.7	2.4
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.7	--
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0.7	--
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.7	--
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0.7	--
07007	Bologna, beef	30.0	1.0 slice	0.7	1.9
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.7	--
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	0.7	3.4
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.7	--
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.7	--
18338	Phyllo dough	28.35	1.0 oz	0.7	--
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.7	--
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.7	--
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.7	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
18021	Bread, boston brown, canned	28.35	1.0 oz	0.7	--
18172	Cookies, gingersnaps	28.35	1.0 oz	0.7	--
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.7	--
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.7	--
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.7	--
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.7	0.0
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.7	--
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0.7	--
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0.7	--
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.7	0.0
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.7	--
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.7	--
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.7	--
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.7	--
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.7	--
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	0.7	--
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.7	--
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0.7	--
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0.7	--
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0.7	--
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.7	--
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.7	--
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.7	0.0
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.7	--
01004	Cheese, blue	28.35	1.0 oz	0.7	--
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.7	--
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.7	--
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.7	--
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.7	--
19366	Toppings, pineapple	340.0	1.0 cup	0.7	--
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	0.7	--
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.7	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.7	--
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.7	--
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0.7	--
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.7	--
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.7	--
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0.7	--
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.7	--
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.7	--
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.7	--
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.7	--
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.7	--
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.7	--
01006	Cheese, brie	28.35	1.0 oz	0.7	--
01022	Cheese, gouda	28.35	1.0 oz	0.7	--
01018	Cheese, edam	28.35	1.0 oz	0.7	--
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.7	--
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.6	--
09421	Dates, medjool	24.0	1.0 date, pitted	0.6	--
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.6	--
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.6	--
05311	Chicken, canned, no broth	28.0	1.0 oz	0.6	--
11282	Onions, raw	160.0	1.0 cup, chopped	0.6	--
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	0.6	--
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.6	0.0
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.6	--
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.6	--
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	0.6	--
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.6	--
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0.6	--
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.6	--
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0.6	--
08510	Milk and cereal bar	25.0	1.0 bar	0.6	--
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.6	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0.6	--
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.6	--
01038	Cheese, romano	28.35	1.0 oz	0.6	--
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.6	--
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.6	--
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.6	0.0
27064	Wasabi	20.0	1.0 tablespoon	0.6	--
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.6	0.0
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	0.6	--
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.6	--
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.6	--
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.6	0.0
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.6	--
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.6	--
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.6	--
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.6	--
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.6	--
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.6	--
18344	Rolls, dinner, egg	28.35	1.0 oz	0.6	--
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.6	--
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.6	--
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.6	--
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.6	--
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.6	1.0
04676	Margarine-like spread, SMART BEAT Smart Squeeze	14.0	1.0 tablespoon	0.6	--
25059	Snacks, brown rice chips	9.0	1.0 cake	0.6	--
07951	Scrapple, pork	17.0	1.0 cubic inch	0.6	--
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.6	--
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.6	--
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.6	--
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.6	--
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.6	--
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	0.6	--
01007	Cheese, camembert	28.35	1.0 oz	0.6	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.6	--
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0.6	--
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.6	--
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.6	--
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.6	--
07971	Bologna, meat and poultry	33.0	1.0 slice	0.6	--
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.6	--
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	0.6	--
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0.6	--
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.6	--
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.6	0.0
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.6	--
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	0.6	--
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0.5	--
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.5	--
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.5	--
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.5	--
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.5	--
18223	Crackers, milk	14.2	0.5 oz	0.5	--
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.5	--
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.5	--
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.5	--
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.5	--
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	0.5	--
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.5	--
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.5	--
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.5	--
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.5	--
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.5	--
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	0.5	--
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	0.5	--
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.5	--
20032	Millet, cooked	174.0	1.0 cup	0.5	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0.5	--
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0.5	--
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0.5	--
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	0.5	--
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.5	--
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.5	--
01159	Cheese, goat, soft type	28.35	1.0 oz	0.5	--
18349	Rolls, french	28.35	1.0 oz	0.5	--
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.5	--
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.5	--
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.5	--
18239	Croissants, butter	28.35	1.0 oz	0.5	--
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.5	2.7
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.5	--
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	0.5	--
11949	Catsup, low sodium	17.0	1.0 tbsp	0.5	--
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.5	2.6
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.5	2.7
11935	Catsup	17.0	1.0 tbsp	0.5	--
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.5	--
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.5	--
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.5	--
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.5	--
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.5	--
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	0.5	--
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.5	--
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.5	--
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.5	--
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	0.5	--
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.5	--
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.5	--
20014	Corn grain, yellow	166.0	1.0 cup	0.5	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.5	--
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.5	--
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.5	--
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.5	--
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.5	--
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.5	--
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.5	--
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.5	--
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.5	--
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.5	--
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.5	--
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.5	--
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.5	--
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.5	--
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.5	--
06963	Fish broth	244.0	1.0 cup	0.5	--
28322	Bagels, multigrain	81.0	1.0 piece bagel	0.5	--
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	0.5	--
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.5	--
01031	Cheese, neufchatel	28.35	1.0 oz	0.5	2.6
18047	Bread, raisin, enriched	28.35	1.0 oz	0.5	--
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.5	--
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.5	--
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.5	--
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.5	--
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.5	--
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.5	--
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.5	--
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.5	--
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.5	--
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0.5	--
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	0.5	--
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0.5	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.5	--
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.5	--
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	0.5	--
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	0.5	--
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	0.5	--
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.5	--
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.5	--
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0.5	--
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.5	--
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.5	1.8
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.5	--
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.5	--
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	0.5	--
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	0.5	--
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.5	--
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.5	1.6
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0.5	--
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.5	--
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	0.5	--
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.5	--
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.5	--
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.5	--
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.5	--
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.5	--
07050	Mortadella, beef, pork	28.35	1.0 oz	0.5	--
07019	Chorizo, pork and beef	28.35	1.0 oz	0.5	--
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.5	--
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.5	--
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.5	--
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.5	--
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.5	--
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.5	--



NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	0.5	0.3
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.5	--
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.5	--
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.5	--
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.4	0.1
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.4	--
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.4	--
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0.4	--
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.4	--
07921	Bacon and beef sticks	28.0	1.0 oz	0.4	--
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.4	--
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.4	--
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.4	--
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.4	--
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	0.4	--
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.4	--
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.4	--
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0.4	--
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.4	0.0
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.4	--
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0.4	--
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.4	1.1
18039	Bread, oatmeal	28.35	1.0 oz	0.4	--
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.4	--
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.4	--
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.4	--
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.4	--
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.4	--
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.4	--
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0.4	--
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.4	--
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.4	--
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.4	--
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.4	--
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.4	--
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.4	--
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.4	0.0
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	0.4	--
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	0.4	--
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	0.4	--
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	0.4	--
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.4	--
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.4	--
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.4	--
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.4	--
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.4	--
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0.4	--
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	0.4	--
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	0.4	--
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0.4	--
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0.4	--
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.4	--
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.4	--
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.4	--
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.4	--
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.4	--
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.4	--
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	0.4	--
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.4	--
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	0.4	--
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	0.4	--
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.4	--
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0.4	--
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.4	0.0
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.4	--
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.4	--
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.4	0.0
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.4	--
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.4	--
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.4	--
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.4	--
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.4	--
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsps	0.4	--
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.4	--
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.4	--
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.4	0.0
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.4	--
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.4	--
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0.4	--
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.4	--
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.4	--
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.4	--
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.4	--
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.4	--
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.4	--
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.4	--
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.4	--
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0.4	--
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	0.4	--
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.4	3.4
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.4	--
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	0.4	--
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0.4	--
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsps	0.4	--
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	0.4	--
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	0.4	--
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	0.4	--
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	0.4	--
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.4	--
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	0.4	--
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.4	--
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.4	--
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	0.4	--
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0.4	--
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.4	--
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.4	--
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.4	--
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.4	--
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.4	--
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.4	--
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	0.4	--
19312	Pie fillings, apple, canned	74.0	0.125 can	0.4	--
19400	Snacks, banana chips	28.35	1.0 oz	0.4	--
18061	Bread, rye, toasted	28.35	1.0 oz	0.4	--
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.4	0.0
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.4	--
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.4	--
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.4	--
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.4	--
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.4	--
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.4	--
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.4	--
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.4	--
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.4	--
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.4	--
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.4	--
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.4	--
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.4	0.0
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.4	--
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.4	--
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.4	--
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.4	--
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.4	--
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.4	--
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.4	--
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.4	--
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.4	--
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.4	--
18066	Bread, wheat bran	28.35	1.0 oz	0.4	--
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.4	--
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.4	--
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.4	--
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.4	--
13350	Beef, cured, dried	28.0	10.0 slices	0.4	--
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.4	--
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.4	--
07070	Salami, cooked, turkey	28.0	1.0 serving	0.4	--
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	0.4	--
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.4	--
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0.4	--
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.4	--
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.4	--
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.4	--
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.4	--
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.4	--
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.4	0.0
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.4	--
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.4	--
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0.4	--
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.4	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.4	--
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0.4	--
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.4	--
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0.4	--
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.3	--
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.3	--
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0.3	--
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.3	1.5
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	0.3	--
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.3	0.0
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.3	--
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.3	--
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.3	--
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.3	--
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.3	--
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.3	--
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.3	--
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.3	--
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.3	--
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.3	--
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.3	--
18037	Bread, oat bran	28.35	1.0 oz	0.3	--
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.3	--
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.3	--
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.3	--
18060	Bread, rye	28.35	1.0 oz	0.3	--
18033	Bread, italian	28.35	1.0 oz	0.3	--
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.3	--
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.3	--
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.3	--
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.3	--
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.3	1.5
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.3	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.3	--
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.3	--
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.3	1.5
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	--	0.3
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.3	--
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.3	0.0
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.3	--
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.3	--
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.3	--
07068	Salami, cooked, beef	26.0	1.0 slice	0.3	--
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	0.3	--
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.3	--
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.3	--
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	0.3	--
19018	Fruit syrup	334.0	1.0 cup	0.3	--
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.3	--
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.3	--
20030	Hominy, canned, white	165.0	1.0 cup	0.3	--
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0.3	--
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.3	--
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.3	--
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.3	--
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.3	--
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.3	--
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.3	--
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.3	--
18171	Cookies, fortune	28.35	1.0 oz	0.3	--
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	0.3	--
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.3	--
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.3	--
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.3	--
17164	Game meat, deer, raw	28.35	1.0 oz	0.3	--
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.3	--
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.3	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.3	--
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.3	--
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.3	--
03213	Babyfood, cookies	28.35	1.0 oz	0.3	--
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.3	--
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.3	--
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.3	--
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.3	--
06150	Sauce, barbecue	17.0	1.0 tbsp	0.3	--
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.3	--
01017	Cheese, cream	14.5	1.0 tbsp	0.3	1.3
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.3	--
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.3	--
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.3	--
07008	Bologna, beef and pork	100.0	3.527 oz	0.3	--
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0.3	--
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.3	2.4
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.3	--
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.3	--
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0.3	--
43483	Millet, puffed	21.0	1.0 cup	0.3	--
19137	Toppings, strawberry	42.0	2.0 tbsp	0.3	--
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.3	--
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	0.3	--
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	0.3	--
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.3	--
18059	Bread, rice bran	28.35	1.0 oz	0.3	--
18266	English muffins, whole-wheat	28.35	1.0 oz	0.3	--
18028	Bread, egg, toasted	28.35	1.0 oz	0.3	--
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.3	--
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.3	1.3
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.3	--
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	0.3	--



NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.3	--
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.3	--
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.3	1.1
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.3	--
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.3	--
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.3	--
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.3	--
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.3	--
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.3	--
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.3	--
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.3	--
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.3	--
11080	Beets, raw	136.0	1.0 cup	0.3	--
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.3	--
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.3	--
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	0.3	--
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	0.3	--
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0.3	--
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	0.3	--
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0.3	0.0
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0.3	--
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.3	--
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.3	--
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0.3	--
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.3	--
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.3	--
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.3	--
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.3	--
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.3	--
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.3	--
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.3	--
03217	Zwieback	28.35	1.0 oz	0.3	--
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.3	--
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.3	--
18027	Bread, egg	28.35	1.0 oz	0.3	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.3	--
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.3	--
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.3	--
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.3	1.4
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.3	--
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0.3	--
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.3	--
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.3	--
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.3	1.2
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.3	0.1
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.3	13.3
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.3	1.0
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0.3	--
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.3	1.0
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.3	--
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.3	--
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0.3	--
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.3	--
09437	Tamarind nectar, canned	251.0	1.0 cup	0.3	0.0
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.3	--
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	0.2	--
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0.2	--
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	--	0.2
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.2	--
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.2	--
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0.2	--
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	0.2	--
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	0.2	--
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	0.2	--
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	0.2	--
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	0.2	--
09206	Orange juice, raw	248.0	1.0 cup	0.2	--
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0.2	--
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.2	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	0.2	--
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	0.2	--
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0.2	--
01225	Dulce de Leche	19.0	1.0 tbsp	0.2	0.8
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0.2	--
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0.2	--
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.2	--
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.2	--
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.2	--
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.2	--
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.2	--
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.2	--
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.2	--
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.2	--
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	0.2	--
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0.2	--
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.2	--
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	0.2	--
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.2	--
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.2	--
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0.2	--
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.2	--
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.2	--
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.2	--
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.2	--
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0.2	--
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.2	--
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.2	--
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0.2	--
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0.2	--
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.2	0.0
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.2	--
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.2	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.2	--
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.2	--
20015	Corn bran, crude	76.0	1.0 cup	0.2	--
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0.2	--
18264	English muffins, wheat	28.35	1.0 oz	0.2	--
18044	Bread, pumpernickel	28.35	1.0 oz	0.2	--
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.2	--
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.2	--
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.2	--
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.2	--
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.2	--
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.2	--
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.2	--
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.2	--
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.2	--
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.2	--
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.2	--
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.2	--
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0.2	--
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0.2	--
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	0.2	--
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.2	--
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	0.2	--
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.2	--
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.2	--
18459	Breakfast tart, low fat	52.0	1.0 tart	0.2	--
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0.2	--
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0.2	--
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.2	--
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.2	--
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.2	--
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.2	--
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.2	--
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.2	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	0.2	--
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.2	--
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.2	--
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0.2	--
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.2	--
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0.2	--
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.2	--
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	0.2	--
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	0.2	--
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.2	--
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.2	--
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.2	--
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.2	--
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	0.2	--
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.2	--
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0.2	--
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.2	--
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.2	--
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.2	--
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.2	--
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.2	--
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.2	--
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.2	--
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.2	--
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.2	--
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.2	0.7
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0.2	--
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.2	0.7
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0.2	--
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.2	--
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.2	--
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.2	0.8
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.2	--
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.2	--
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.2	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.2	--
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.2	--
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0.2	--
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.2	--
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.2	--
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.2	--
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.2	--
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.2	--
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.2	0.3
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.2	--
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	0.2	--
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.2	--
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.2	--
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.2	--
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.2	--
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.2	--
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.2	--
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.2	1.3
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.2	--
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.2	--
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.2	1.0
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.2	1.3
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.2	0.0
06971	Sauce, worcestershire	17.0	1.0 tbsp	0.2	--
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.2	1.3
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.2	--
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.2	1.0
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.2	--
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.2	--
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.2	--
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.2	1.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.2	1.4
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.2	--
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.2	--
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.2	--
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.2	--
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.2	1.3
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.2	--
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0.2	--
07960	Bologna, chicken, pork	28.0	1.0 serving	0.2	--
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.2	--
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0.2	--
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.2	--
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0.2	--
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.2	--
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.2	--
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.2	0.8
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.2	--
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.2	--
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.2	--
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	0.2	--
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.2	--
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.2	--
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.2	--
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.2	--
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.2	--
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.2	--
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.2	--
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.2	--
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0.2	--
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.2	--
09326	Watermelon, raw	154.0	1.0 cup, balls	0.2	--
19294	Fruit butters, apple	17.0	1.0 tbsp	0.2	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.2	--
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.2	--
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.2	--
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.2	--
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.2	--
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0.2	--
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.2	--
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.2	--
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.2	--
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.1	--
01115	Whey, sweet, dried	145.0	1.0 cup	0.1	--
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.1	0.0
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0.1	--
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0.1	--
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.1	--
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	0.1	--
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.1	5.6
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.1	0.3
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.1	--
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.1	0.3
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0.1	--
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.1	--
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.1	0.3
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.1	--
03216	Babyfood, teething biscuits	28.35	1.0 oz	0.1	--
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.1	--
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.1	--
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.1	--
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.1	--
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.1	--
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.1	--
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.1	--
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.1	--
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.1	--
11241	Kohlrabi, raw	135.0	1.0 cup	0.1	--



NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.1	--
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.1	--
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.1	1.2
11564	Turnips, raw	130.0	1.0 cup, cubes	0.1	--
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.1	--
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.1	--
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.1	--
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.1	0.4
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.1	--
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.1	--
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.1	--
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.1	--
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	0.1	--
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	0.1	--
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.1	--
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.1	--
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.1	--
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.1	--
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.1	--
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.1	--
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.1	--
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.1	0.0
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.1	--
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.1	0.2
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.1	--
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.1	--
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.1	--
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.1	--
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.1	--
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.1	0.3
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.1	--
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0.1	--
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0.1	--
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.1	--
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.1	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.1	--
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0.1	--
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.1	--
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.1	1.0
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.1	--
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.1	--
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.1	--
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.1	--
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.1	--
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.1	--
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.1	--
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.1	--
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.1	--
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.1	--
02026	Spices, onion powder	2.4	1.0 tsp	0.1	--
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	0.1	0.0
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.1	17.1
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.1	--
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0.1	--
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.1	--
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.1	--
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.1	--
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0.1	--
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.1	--
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.1	--
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.1	--
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.1	--
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0.1	--
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.1	--
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.1	--
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.1	--
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.1	--
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.1	--
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.1	--
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.1	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	0.1	--
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.1	--
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.1	--
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.1	--
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.1	--
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.1	--
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.1	0.1
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.1	0.7
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.1	--
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.1	--
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.1	--
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.1	--
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.1	--
18236	Cracker meal	28.35	1.0 oz	0.1	--
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	0.1	--
03215	Babyfood, pretzels	28.35	1.0 oz	0.1	--
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.1	--
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.1	--
19070	Candies, butterscotch	28.35	1.0 oz	0.1	--
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.1	--
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.1	--
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.1	--
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.1	--
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.1	--
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.1	--
15090	Fish, scup, raw	85.0	3.0 oz	0.1	--
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.1	--
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.1	--
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.1	--
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.1	--
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.1	0.4
15110	Fish, swordfish, raw	85.0	3.0 oz	0.1	--
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.1	--
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.1	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.1	--
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.1	--
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.1	--
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.1	--
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.1	--
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.1	--
15008	Fish, carp, raw	85.0	3.0 oz	0.1	--
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.1	5.2
15033	Fish, haddock, raw	85.0	3.0 oz	0.1	--
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.1	--
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.1	--
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.1	--
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.1	--
90560	Mollusks, snail, raw	85.0	3.0 oz	0.1	--
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.1	--
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.1	--
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.1	--
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.1	--
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.1	--
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.1	--
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0.1	--
15094	Fish, shad, american, raw	85.0	3.0 oz	0.1	--
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.1	--
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.1	--
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.1	--
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.1	0.3
93600	Turtle, green, raw	85.0	3.0 oz	0.1	--
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.1	--
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.1	--
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.1	--
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.1	--
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.1	--
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.1	--
42161	Bologna, beef, low fat	28.0	1.0 slice	0.1	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.1	--
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.1	--
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.1	0.6
04047	Oil, coconut	13.6	1.0 tbsp	0.1	0.0
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.1	--
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.1	--
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.1	--
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.1	--
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.1	--
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.1	0.6
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.1	--
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.1	--
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.1	--
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.1	--
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0.1	--
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.1	--
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	0.1	--
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.1	--
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.1	--
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.1	--
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.1	4.6
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.1	--
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.1	0.0
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.1	--
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.1	--
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0.1	--
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.1	--
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.1	--
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.1	--
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.1	0.0
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.1	0.4
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.1	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.1	--
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.1	--
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	0.1	--
02055	Horseradish, prepared	5.0	1.0 tsp	0.1	--
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0.1	--
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.1	0.4
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.1	--
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.1	--
19300	Jellies	21.0	1.0 serving 1 tbsp	0.1	--
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0.1	--
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.1	--
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	0.1	--
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	0.1	--
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.1	--
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.1	1.0
01179	Sour cream, light	12.0	1.0 tablespoon	0.1	--
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.1	--
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.1	--
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.1	--
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.1	--
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.1	0.4
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup ( 1 NLEA serving)	0.1	--
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.1	--
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	0.1	--
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.1	--
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.1	--
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.1	--
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.1	--
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.1	--
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.1	--
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.1	--
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.1	--
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.1	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
05335	Chicken, feet, boiled	28.35	1.0 oz	0.1	--
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.1	0.3
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0.1	--
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.1	--
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.1	--
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.1	--
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.1	--
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.1	--
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.1	--
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.1	--
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.1	--
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.1	0.0
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0.1	--
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0.1	--
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.1	--
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYN0-BITES	27.0	0.75 cup	0.1	--
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	0.1	--
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.1	--
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.1	14.6
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.0	--
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.0	--
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.0	0.1
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.0	--
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.0	--
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.0	--
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.0	--
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.0	--
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.0	--
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.0	--
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.0	--
80200	Frog legs, raw	45.0	1.0 leg	0.0	--
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.0	--
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.0	--
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0.0	--
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.0	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
18217	Crackers, matzo, plain	14.2	0.5 oz	0.0	--
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0.0	--
09165	Litchis, dried	2.5	1.0 fruit	0.0	--
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.0	--
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.0	--
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.0	--
01144	Egg substitute, powder	9.9	0.35 oz	0.0	--
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0	--
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.0	--
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.0	--
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.0	--
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.0	--
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.0	--
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.0	--
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.0	0.0
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.0	--
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.0	0.0
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.0	--
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0.0	--
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.0	--
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.0	--
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	0.0	--
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.0	--
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	0.0	--
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	0.0	--
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.0	--
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.0	--
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.0	--
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.0	--
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.0	--
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0.0	--
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.0	--
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.0	--
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.0	--



NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.0	--
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	0.0	--
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	0.0	--
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.0	--
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.0	--
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.0	--
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	0.0	--
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.0	--
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.0	--
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.0	--
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.0	--
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.0	--
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.0	--
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.0	--
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.0	--
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.0	--
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	0.0	--
15109	Fish, surimi	28.35	1.0 oz	0.0	--
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.0	--
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.0	--
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.0	--
15014	Fish, cisco, smoked	28.35	1.0 oz	0.0	--
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.0	--
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.0	--
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.0	0.1
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.0	--
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.0	--
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.0	--
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.0	--
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.0	0.1
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.0	--
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.0	--
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.0	0.1
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.0	--
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.0	0.7
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.0	--
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.0	--
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.0	--
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	0.0	--
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.0	0.0
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.0	--
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.0	--
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.0	--
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.0	--
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.0	--
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.0	--
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.0	--
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	--	0.0
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.0	--
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.0	0.0
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.0	--
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.0	--
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.0	--
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0.0	--
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.0	0.0
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.0	0.0
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.0	--
02021	Spices, ginger, ground	1.8	1.0 tsp	0.0	--
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0.0	--
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.0	--
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0.0	0.0
02020	Spices, garlic powder	3.1	1.0 tsp	0.0	--
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.0	--
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.0	--
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.0	--
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.0	--
11216	Ginger root, raw	2.0	1.0 tsp	0.0	--
01114	Whey, sweet, fluid	246.0	1.0 cup	0.0	--
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0.0	--
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.0	--
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.0	--
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0	--
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0.0	--
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.0	--
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.0	--
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.0	--
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0	2.7
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.0	--
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.0	--
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.0	--
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.0	--
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.0	--
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.0	--
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.0	--
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.0	2.5
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.0	--
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.0	--
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0	--
05305	Ground turkey, raw	453.6	1.0 lb	0.0	--
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.0	--
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.0	--
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.0	--
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.0	--
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.0	--
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.0	--
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0	7.3
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	--	0.0
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.0	--
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.0	3.0
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0.0	--
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
16104	Bacon, meatless	144.0	1.0 cup	0.0	--
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.0	--
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.0	--
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0	--
19303	Marmalade, orange	20.0	1.0 tbsp	0.0	--
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0.0	--
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0.0	--
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.0	--
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.0	--
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0.0	--
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0	1.3
02048	Vinegar, cider	14.9	1.0 tbsp	0.0	--
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.0	--
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.0	--
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.0	--
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.0	--
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0.0	--
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.0	--
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0	--
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.0	--
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.0	--
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.0	--
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.0	--
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.0	--
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0.0	--
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.0	--
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.0	--
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.0	--
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	--	0.0
19350	Syrups, corn, light	341.0	1.0 cup	0.0	--
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.0	5.5
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0.0	--
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	0.0	--
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.0	--
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.0	--
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.0	--
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.0	--
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	0.0	--
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0.0	--
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0	1.4
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.0	2.8
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0	--
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.0	--
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.0	--
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0.0	--
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.0	--
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.0	--
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.0	--
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.0	--
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	--	0.0
19154	Candies, sesame crunch	28.35	1.0 oz	0.0	--
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.0	--
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.0	--
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0.0	--
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	--	0.0
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	--	0.0
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.0	--
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.0	--
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0.0	--
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0.0	--
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.0	--
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.0	--
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0	2.5
16091	Peanuts, spanish, raw	146.0	1.0 cup	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	--	0.0
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.0	--
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.0	--
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.0	--
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0.0	--
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.0	--
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0	2.7
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.0	--
19297	Jams and preserves	20.0	1.0 tbsp	0.0	--
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0.0	--
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.0	--
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.0	--
20001	Amaranth grain, uncooked	193.0	1.0 cup	--	0.0
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.0	--
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0.0	--
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.0	--
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.0	--
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.0	--
04001	Fat, beef tallow	12.8	1.0 tbsp	0.0	--
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.0	--
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0	--
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.0	--
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0	1.5
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.0	--
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.0	--
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.0	--
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0.0	--
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.0	--
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.0	--
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.0	--
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.0	--
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.0	--
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.0	--
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.0	--
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	--	0.0
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.0	7.2
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.0	--
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0.0	--
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.0	--
20027	Cornstarch	128.0	1.0 cup	0.0	--
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.0	--
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.0	--
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.0	--
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.0	--
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.0	--
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0.0	--
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	--	0.0
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.0	17.6
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.0	--
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0	--
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.0	--
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.0	--
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.0	--
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.0	--
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.0	--
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.0	--
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.0	--
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.0	--
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.0	--
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.0	--
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0	3.4
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.0	--
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0.0	--
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.0	--
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.0	17.1
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0.0	--
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.0	--
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.0	3.5
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.0	--
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	0.0	--
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0.0	--
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.0	--
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	--	0.0
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.0	--
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.0	--
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.0	--
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.0	--
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.0	--
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.0	--
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	0.0	--
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	--	0.0
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0	--
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.0	--
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	0.0	--
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0	--
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.0	0.4
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0.0	--
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.0	--
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.0	--
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	--	0.0
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.0	--
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.0	--
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	--	0.0
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.0	--
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.0	7.0
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.0	--
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	--	0.0
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.0	11.6
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.0	--
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0.0	--



NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	0.0	--
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.0	--
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.0	--
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.0	--
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0.0	--
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.0	--
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.0	0.4
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.0	--
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	--	0.0
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.0	--
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.0	--
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.0	--
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.0	--
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.0	--
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.0	--
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.0	--
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0	--
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.0	--
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.0	--
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.0	--
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.0	17.0
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0.0	--
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0.0	--
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.0	--
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.0	--
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0	3.8
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.0	--
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0	--
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.0	--
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.0	--
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.0	--
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.0	--
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.0	5.2
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.0	--
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.0	--
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0.0	--
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.0	--
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0.0	--
09433	Clementines, raw	74.0	1.0 fruit	0.0	--
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0.0	--
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.0	--
02033	Spices, poppy seed	2.8	1.0 tsp	0.0	--
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0	--
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.0	8.9
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.0	--
19419	Snacks, corn cakes	9.0	1.0 cake	0.0	--
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.0	--
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.0	--
07026	Ham, chopped, canned	28.35	1.0 oz	0.0	--
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.0	--
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.0	--
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0	1.4
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0.0	--
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.0	--
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.0	--
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.0	--
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0	--
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.0	--
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.0	--
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.0	--
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.0	--
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	--	0.0
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.0	--
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.0	--
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.0	--
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.0	--
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.0	--
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.0	25.4
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.0	--
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0.0	--
07052	Pastrami, turkey	57.0	2.0 slices	0.0	--
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.0	--
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.0	14.6
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.0	--
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.0	--
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.0	--
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.0	--
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.0	--
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	--	0.0
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.0	--
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	--	0.0
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.0	17.4
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.0	--
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	0.0	--
04575	Fat, turkey	12.8	1.0 tbsp	0.0	--
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	--	0.0
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.0	--
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.0	--
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.0	--
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.0	--
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0	8.2
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	0.0	--
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.0	--
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.0	--
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.0	--
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.0	--
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.0	--
19163	Chewing gum	3.0	1.0 stick	0.0	--
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0.0	--
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.0	--
42270	Beverages, Orange juice drink	249.0	1.0 cup	0.0	--
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.0	--
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.0	--
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.0	--
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.0	--
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.0	--
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.0	--
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.0	--
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.0	--
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.0	5.1
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.0	--
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.0	--
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	0.0	--
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.0	--
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.0	--
43132	Meatballs, meatless	144.0	1.0 cup	0.0	--
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.0	--
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.0	--
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.0	--
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	0.0	--
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.0	--
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0.0	--
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.0	--
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.0	--
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.0	--
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0	1.2
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.0	--
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.0	--
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.0	--
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.0	--
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.0	18.9
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.0	--
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.0	--
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.0	--
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.0	--
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.0	--
02005	Spices, caraway seed	2.1	1.0 tsp	0.0	--
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.0	--
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0.0	--
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	0.0	--
42040	Syrups, grenadine	20.0	1.0 tbsp	0.0	--
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.0	--
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.0	--
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0	--
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	--	0.0
43026	Syrups, sugar free	240.0	1.0 cup	0.0	--
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	--	0.0
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0.0	--
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.0	--
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.0	6.2
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0.0	--
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.0	--
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.0	--
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.0	--
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.0	--
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.0	--
20137	Quinoa, cooked	185.0	1.0 cup	0.0	--
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0.0	--
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.0	--
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.0	--
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0.0	--
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	--	0.0
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0.0	--
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.0	--
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.0	--
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.0	--
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.0	--
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0	5.3
16099	Peanut flour, defatted	60.0	1.0 cup	0.0	--
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.0	9.2
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.0	--
90480	Syrup, Cane	21.0	1.0 serving	0.0	--
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.0	--
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0.0	--
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.0	2.9
43128	Chicken, meatless	168.0	1.0 cup	0.0	--
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0.0	--
16107	Sausage, meatless	25.0	1.0 link	0.0	--
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.0	--
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.0	--
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0	--
19304	Molasses	337.0	1.0 cup	0.0	--
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	0.0	--
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.0	--
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.0	--
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.0	--
02050	Vanilla extract	4.2	1.0 tsp	0.0	--
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.0	--
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.0	--
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0	--
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.0	--
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.0	--
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0	--
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.0	--
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.0	--
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.0	--
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.0	--
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	0.0	--
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0.0	--
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.0	--
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.0	--
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.0	1.2
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.0	--
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0.0	--
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.0	--
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.0	--
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.0	--
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.0	--
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.0	--
19868	Sweeteners, tabletop, sucralose, SLENDA packets	1.0	1.0 serving 1 packet	0.0	--
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.0	1.6
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.0	3.6
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0	4.8
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.0	--
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0.0	--
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.0	--
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.0	1.0
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.0	--
20133	Rice noodles, dry	57.0	2.0 oz	0.0	--
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0	--
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.0	--
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.0	--
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.0	--
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.0	--
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.0	--
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.0	--
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.0	6.1
16095	Peanuts, virginia, raw	146.0	1.0 cup	0.0	--
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0.0	--
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.0	--
19107	Candies, hard	28.35	1.0 oz	0.0	--
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.0	--
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0.0	--
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.0	--
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0	2.0
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.0	--
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.0	--
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.0	--
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.0	--
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.0	--
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.0	--
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0	1.3
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.0	--
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.0	--
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.0	--
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.0	--
04002	Lard	12.8	1.0 tbsp	0.0	--
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.0	--
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.0	--
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0.0	--
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.0	--
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.0	--
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.0	--
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.0	--
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.0	--
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.0	--
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0.0	--
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.0	--



NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
16122	Soy protein isolate	28.35	1.0 oz	0.0	--
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.0	--
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	--	0.0
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.0	--
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.0	15.1
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0.0	--
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0.0	--
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.0	--
01112	Whey, acid, fluid	246.0	1.0 cup	0.0	--
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0	1.3
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.0	--
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.0	--
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.0	--
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0.0	--
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.0	20.9
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.0	--
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0	--
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.0	--
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.0	--
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.0	--
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0.0	--
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.0	--
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0.0	--
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0.0	--
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	--	0.0
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.0	--
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	--	0.0
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.0	--
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.0	--
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.0	--
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0	4.4
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0.0	--
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	--	0.0
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0.0	--
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.0	--
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.0	--
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.0	3.0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.0	--
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.0	--
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.0	--
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.0	--
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.0	--
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.0	--
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0.0	--
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.0	--
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.0	--
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.0	--
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0.0	--
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.0	--
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.0	--
07030	Ham, minced	28.35	1.0 oz	0.0	--
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0.0	--
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0	--
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0	1.2
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.0	--
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.0	--
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.0	--
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.0	--
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.0	--
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.0	--
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.0	--
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.0	--
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.0	--
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0	1.7

NDB_No	Description	Weight(g)	Measure	Vitamin K (phyloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.0	--
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	--	0.0
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0.0	1.0
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.0	--
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0.0	--
04542	Fat, chicken	12.8	1.0 tbsp	0.0	--
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.0	--
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.0	--
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0	--
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.0	--
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	--	0.0
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0.0	--
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.0	--
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.0	--
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.0	--
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	0.0	--
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.0	--
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.0	--
19147	Candies, peanut bar	28.35	1.0 oz	0.0	--
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0.0	--
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.0	--
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.0	1.0
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.0	--
07005	Blood sausage	100.0	4.0 slices	0.0	--
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.0	--
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.0	--
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.0	--
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0	2.6
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0.0	--
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.0	--
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.0	--
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.0	--
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.0	--
43060	Chewing gum, sugarless	2.0	1.0 piece	0.0	--
14555	Water, bottled, generic	29.6	1.0 fl oz	0.0	--
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.0	--
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.0	--
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.0	--
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.0	--
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.0	--
09434	Guanabana nectar, canned	251.0	1.0 cup	--	0.0
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.0	--
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.0	--
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0	--
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	--	0.0
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.0	--
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0	--
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0	--
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0.0	--
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.0	--
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.0	0.4
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.0	--
11987	Mushrooms, oyster, raw	148.0	1.0 large	--	0.0
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.0	--
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.0	--
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.0	--
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.0	--
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0.0	--
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.0	--
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.0	--
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.0	--
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	--	0.0
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.0	--
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.0	--
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.0	--
16055	Carob flour	103.0	1.0 cup	0.0	--
43543	Milk, imitation, non-soy	244.0	1.0 cup	0.0	--
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.0	--
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.0	--
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0.0	--
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.0	--
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.0	--
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	--	0.0
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.0	--
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0.0	--
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0.0	--
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.0	--
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.0	--
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.0	--
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.0	24.8
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	0.0	--
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.0	--
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.0	1.0
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.0	--
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	--	0.0
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	0.0	--
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.0	--
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	--	0.0
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.0	--
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.0	--
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.0	--
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.0	--
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.0	--
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	--	0.0
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	0.0	--
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.0	--
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0	6.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0	--
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.0	--
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.0	--
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.0	--
09156	Lemon peel, raw	6.0	1.0 tbsp	0.0	--
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.0	--
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.0	--
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0.0	--
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.0	--
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.0	--
07024	Frankfurter, chicken	85.0	3.0 oz	0.0	21.3
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.0	--
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0	--
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0	2.0
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0.0	--
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.0	--
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.0	--
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.0	--
43134	Vegetarian fillets	85.0	1.0 fillet	0.0	--
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0.0	--
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.0	--
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0	--
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0.0	--
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.0	--
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.0	1.7
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0.0	--
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.0	--
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.0	--
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.0	--
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.0	--
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.0	--
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.0	5.9

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.0	--
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.0	--
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.0	--
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	0.0	--
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.0	--
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.0	--
02007	Spices, celery seed	2.0	1.0 tsp	0.0	--
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.0	--
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0.0	--
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.0	--
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.0	--
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0.0	--
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.0	--
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.0	--
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.0	--
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	--	0.0
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.0	--
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.0	--
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0.0	--
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0	3.4
43406	Yeast extract spread	6.0	1.0 tsp	0.0	--
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.0	--
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0	--
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.0	--
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.0	--
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.0	--
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.0	1.4
09152	Lemon juice, raw	244.0	1.0 cup	0.0	--
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.0	--
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	--	0.0
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0.0	--
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0.0	--
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.0	--
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0	4.3
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0.0	--
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	--	0.0
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0.0	--
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0.0	--
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0.0	--
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.0	--
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.0	--
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.0	--
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.0	--
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.0	--
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.0	--
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.0	--
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.0	--
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0	1.4
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.0	--
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0	--
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.0	--
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.0	--
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.0	--
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.0	--
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.0	5.2
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.0	21.8
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0	--
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.0	--
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	--	0.0
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0.0	--
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.0	--
12061	Nuts, almonds	143.0	1.0 cup, whole	0.0	--
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.0	--
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.0	--



NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.0	--
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.0	--
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.0	--
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	--	0.0
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.0	0.4
19353	Syrups, maple	20.0	1.0 tbsp	0.0	--
01113	Whey, acid, dried	57.0	1.0 cup	0.0	--
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0.0	--
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.0	--
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.0	--
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.0	--
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0.0	--
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0	2.9
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.0	--
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.0	--
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.0	--
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0	--
19030	Syrup, fruit flavored	20.0	1.0 serving	0.0	--
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.0	--
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.0	--
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.0	--
20134	Rice noodles, cooked	176.0	1.0 cup	0.0	--
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0.0	--
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	--	0.0
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.0	--
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.0	--
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	--	0.0
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.0	--
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.0	--
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.0	--
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.0	--
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.0	--
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.0	--
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0	3.4
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.0	--
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.0	--
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.0	--
19108	Candies, jellybeans	11.0	10.0 small	0.0	--
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.0	--
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.0	--
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.0	--
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.0	--
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.0	0.9
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.0	--
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.0	--
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0.0	--
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.0	--
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.0	--
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.0	--
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0.0	--
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0.0	--
02047	Salt, table	6.0	1.0 tsp	0.0	--
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.0	--
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.0	--
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0.0	--
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0.0	--
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.0	--
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.0	--
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.0	--
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.0	--
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.0	--
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	--	0.0
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.0	--
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.0	--

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.0	--
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.0	--
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.0	--
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.0	--
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	--	0.0
19349	Syrups, corn, dark	328.0	1.0 cup	0.0	--
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.0	--
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	--	0.0
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0.0	--
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0.0	--
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.0	--
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.0	--
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.0	--
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0	2.1
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0.0	--
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.0	13.4
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.0	--
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.0	--
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.0	--
01173	Egg, white, dried	28.0	1.0 oz	0.0	--
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.0	--
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.0	--
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.0	--
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.0	--
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	--	0.0
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0	--
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.0	--
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.0	--
11413	Potato flour	160.0	1.0 cup	0.0	--
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.0	--
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.0	--
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0	3.0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	--	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin K (phylloquinone)(µg) Per Measure	Menaquinone-4(µg) Per Measure
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	--	0.0
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.0	--
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.0	--
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.0	--
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0	4.1
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.0	--
19296	Honey	339.0	1.0 cup	0.0	--
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.0	--
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.0	--
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.0	--
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.0	--
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.0	--
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0.0	--
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.0	--